

COOKING for Ohio Families

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Cooking for Ohio Families

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Cookery means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves and savory in meats. It means carefulness and inventiveness and willingness, and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality, and in fine, it means that you are to be perfectly and always, ladies — loaf givers.—*Ruskin.*

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Cooking for Ohio Families



CAREFUL ATTENTION to the principles of cookery and accurate following of dependable recipes in preparation of well selected food go far toward insuring palatable and attractive meals.

This bulletin is planned to be used with project outlines in nutrition study groups. No attempt has been made to present an all inclusive compilation of recipes. Emphasis is placed throughout on principles of cookery and type recipes. Fuller discussions of selecting and handling foods is given in other Ohio Home Economics Extension bulletins. A knowledge of the nutritive value of food, its adaptation to the needs of various individuals, and good cookery are all essential if the family is to be well fed. Meal planning and serving of food are also discussed in other bulletins and project outlines issued by the Agricultural Extension Service. Those available for general distribution may be obtained from the county Extension office.

Success in using recipes depends largely upon the ability of the worker to follow directions intelligently. She must also develop a good technique and use suitable materials and equipment.

One of the most important factors in good technique is accuracy in measurement of ingredients. In some types of recipes considerable variation is possible, but in the majority of recipes fixed proportions are necessary if the product is to be typical and pleasing in appearance, flavor, and texture.

MEASURING EQUIPMENT

The standard measuring cup is of $\frac{1}{2}$ -pint or 8-ounce capacity. Cups can now be had which are based on United States standards and are so labeled. Subdivisions are marked on the cup for measuring one-fourth, one-half, three-fourths, one-third, and two-thirds cup. The majority of cups do not show smaller subdivisions.

Individual cups for fractional measurements as well as full cup measurements are also available. The fractional cups, if standardized, permit more nearly accurate measurements than can be obtained in the cup with subdivisions.

Measuring spoons are not so well standardized as measuring cups. Sets of spoons which measure 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ and $\frac{1}{4}$ teaspoon can be obtained. Probably all spoons, whether bought separately or in sets, should be checked against a standard cup—16 level tablespoons are required to fill 1 cup, and 3 level teaspoons are equal to 1 level tablespoon.

HOW TO MEASURE STAPLE FOODS

Granted that accurate measuring equipment is available, measuring problems still exist. Inaccuracies may occur through the manner in which the equipment is used. Also, variable and individual methods which may be used tend towards producing less uniform results than may be obtained when certain fairly well standardized methods of measuring are used.

Flour. — Flour should be sifted once before measuring. Sifting should be fairly recent, since sifted flour tends to pack on standing. The quantity sifted at one time is best limited to an amount which will not tend to pack. In sifting graham or whole wheat flours, the bran is recombined with the sifted portion before measuring.

In filling the cup, dip flour with a tablespoon and fill lightly into the cup until the cup is heaping full. Cut off level with the edge of a knife. It is important not to shake or tap the cup while it is being filled, as either will cause packing of the flour. Fractional cups are measured by leveling as accurately as possible to the mark. In filling tablespoon or teaspoon, fill spoon heaping full by dipping into flour. Cut off level with the edge of a knife. Half spoonfuls are measured by cutting in half lengthwise and scraping out half. Quarter spoonfuls are measured by cutting a half crosswise into two equal portions and scraping out half.

Liquid. — Place cup upon a flat surface and fill as full as the cup can be filled without overflowing or spilling the contents when it is carefully lifted.

Fat. — Solid fats should be removed from the refrigerator long enough before measuring to permit them to become plastic. Very hard fats are difficult to measure accurately. Press the fat into the cup so that air spaces are forced out. Cut off level with the edge of a knife. In measuring fractional cups, cut off top surface at the division mark. Another method is to subtract the amount of fat needed from 1 cup. Fill cup with that amount of water, then add fat until 1 cup mark is reached. Drain water off. For measurements up to one-fourth or one-third cup it is probably easier and quicker to measure by level tablespoonfuls.

Sugar.—(a) Granulated. — Fill cup as for flour, omitting sifting.

(b) Brown. — Roll out lumps. Press sugar firmly into the cup. Measured in this way 1 cup of brown sugar is approximately equal to 1 cup of granulated sugar.

(c) Confectioners'. — Roll out lumps, then sift. Measure as for flour. One cup of confectioners' sugar is slightly heavier than $\frac{1}{2}$ cup of granulated sugar. About $1\frac{3}{4}$ cups of confectioners' sugar is equal to 1 cup granulated sugar.

Sirup or Molasses. — Place cup upon a flat surface. Fill completely full. Because of the thickness of the liquid it may tend to round up higher than level full. Cut off level with the edge of a knife. Measure spoonfuls by pouring sirup into spoon and cutting off level with the edge of a knife.

Symbols for Measurements

t. = teaspoon
T. = tablespoon

c. = cup
f.g. = few grains

Table of Common Measurements Used in Food Preparation

3 t. = 1 T.	12 T. = $\frac{3}{4}$ c.	4 c. = 1 quart
16 T. = 1 c.	$5\frac{1}{3}$ T. = $\frac{1}{3}$ c.	4 qts. = 1 gallon
4 T. = $\frac{1}{4}$ c.	$10\frac{2}{3}$ T. = $\frac{2}{3}$ c.	2 T. = 1 liquid ounce or $\frac{1}{8}$ c.
8 T. = $\frac{1}{2}$ c.	2 c. = 1 pint	8 oz. = 1 c. or $\frac{1}{2}$ pint

This table is useful enough to justify memorizing it. The following table of measurements and weights will also be found valuable because of its usefulness.

Approximate Number Cups or Units in a Pound of Some Common Foods

$2\frac{1}{4}$ c. granulated sugar	$4\frac{1}{2}$ c. pastry flour
$2\frac{1}{2}$ c. brown sugar	$3\frac{1}{2}$ c. whole wheat flour
$2\frac{3}{4}$ c. powdered sugar	4 c. grated cheese
$1\frac{1}{3}$ c. molasses and sirup	2 c. butter or other fat
2 c. milk	About 10 average eggs (without shells)

Substitutions

1. To substitute all-purpose for cake flour, use about 2 level tablespoons less per cup.
2. To use sour milk in place of sweet, add $\frac{1}{2}$ teaspoon soda for each cup sour milk and decrease baking powder 1 teaspoon.
3. To substitute cocoa for chocolate, for each square chocolate use 3 level tablespoons cocoa, decrease flour by 2 tablespoons and increase fat by $\frac{1}{2}$ tablespoon.
4. If chocolate is added to a recipe which does not call for chocolate or cocoa, add 1 square chocolate for each cup of flour, increase milk 1 tablespoon, decrease fat 1 tablespoon.
5. In place of 1 whole egg use 2 yolks or 2 whites. If many yolks are used in a cake, a little more baking powder and less fat is usually necessary.
6. To substitute butter for cream:
1 c. light cream = $\frac{2}{3}$ c. skim milk plus $\frac{1}{3}$ c. butter.
1 c. heavy cream = $\frac{1}{2}$ c. skim milk plus $\frac{1}{2}$ c. butter.
7. For brown sugar in place of white, use $1\frac{1}{4}$ cups of brown sugar quite firmly packed and free from lumps in place of each cup of white sugar.

Using Other Sweetening Agents in Place of Sugar

1. When using corn, cane, or maple sirup in place of sugar for baking of cakes or cookies, replace sugar cup for cup and reduce liquid one-third.
2. When using honey for baking cakes and cookies, replace sugar cup for cup but reduce liquid one-half. Use a moderate oven to prevent too rapid browning and to retain honey flavor.
3. When using molasses or sorghum for baking cakes and cookies, replace sugar cup for cup and reduce liquid one-third. Add $\frac{1}{2}$ teaspoon soda and reduce baking powder by 2 teaspoons for each cup of molasses or sorghum used.
4. When using any of the above sweetening agents in breads or muffins the amount called for is small, so merely replace in equal amounts to sugar called for in recipe. No change needs to be made in the liquid.

TIME AND TEMPERATURE CONTROL

Every kitchen should have a good clock, with figures easily read.

Many stoves are equipped with a timing device which will cause a bell to ring when food is expected to be done or when it may be in need of attention. For the cook who does not have a timer on her stove, an alarm clock may be set to go off at the desired time.

Temperature can be more accurately controlled when a thermometer or thermostat is used. Many ovens now have thermostat-controlled heat, but for those that are not so equipped, a portable oven thermometer is useful. Thermometers of different types may be used for registering the cooking temperature of fats, of sugar sirups, and of meats.

Chart Showing Temperature Range for Low, Moderate, and Hot Ovens:

Low	250° — 350° F.	Hot	400° — 450° F.
Moderate . .	350° — 400° F.	Very Hot . .	450° — 550° F.

Regulation of heat on top of the stove is accomplished by varying the height of flame or the amount of fire.

DEFINITIONS AND DESCRIPTIONS OF TERMS USED IN COOKING PROCESSES

The number of processes used in cookery is fairly limited, but familiarity with the terms used to describe the processes and the processes themselves is important.

Baking or Roasting. — Cooking by the dry heat of the oven. The terms are now used synonymously, although the term roasting was formerly applied to the method of cooking before an open fire.

Basting. — Pouring small amounts of liquid or liquid and melted fat over meat or fish while baking.

Boiling. — Cooking in water at boiling temperature.

Blanching. — Submerging in boiling water for a few minutes to remove strong flavor or to loosen skins. Under some circumstances, blanching is followed by the application of cold water to shrink the food or to chill it.

Braising. — Cooking meat by a combination of moist and dry heat. The meat is first seared by frying or roasting, then water is added and the frying pan or roaster is covered with a tight cover. The meat is cooked at a low uniform temperature until tender.

Breading. — Dipping in dry bread or cracker crumbs, then in egg (beat egg slightly and dilute with 1 or 2 T. milk or water), then again in crumbs, and frying in deep or shallow fat.

Broiling. — Cooking by direct exposure to flames or coals or electric heating units. Broiling units should be pre-heated before using.

Deep-fat Frying. — Cooking in deep fat. A kettle of narrow diameter is best for the purpose, as it exposes only a small surface of fat to the air, which aids in preventing decomposition of the fat. A thermometer with a scale registering as high as 400° to 450° F. is useful for taking temperatures of fat, both because the temperature of fat can be more accurately known and because the fat can be protected against overheating.

After using, fat should be strained through several thicknesses of cheesecloth placed in a wire strainer and then be stored in a closed container in a cold, dark place. Properly cared for, fat can be used a number of times before it deteriorates sufficiently in flavor and odor to make it undesirable.

Chart Showing Temperature Ranges for Deep Fat Frying

Cooked foods to be browned and heated (croquettes, fish cakes)	375° to 390° F.
Raw foods to be cooked as well as browned (fritters, doughnuts, fish, shellfish)	360° to 375° F.
Raw vegetable foods of high water content (French fried onions, potatoes, cauliflower, or eggplant) . . .	385° to 395° F.
After frying, foods should be drained on absorbent paper to remove excess fat.	

Pan-broiling. — Cooking in a hot pan with little or no fat.

Parboiling. — Cooking in boiling or simmering water until partially or fully cooked, preliminary to other method of preparation.

Pressure Cooking. — Cooking in a special device (the pressure cooker) which makes possible a higher temperature than can be obtained in the open kettle. While

used extensively for canning, the pressure cooker also saves time in cooking foods which would require long cooking at boiling temperature.

Sauteing or Pan-frying. — Cooking in a small amount of fat.

Scalding. — As commonly used in cookery, the term scalding is applied to the heating of milk until small bubbles appear where milk comes in contact with sides of pan. Since milk scorches easily, it is safer to scald milk over hot water than over direct heat. Liquids other than milk also may be scalded.

Searing. — Sealing the outside surface quickly by application of heat (dry heat, boiling water, hot fat, or hot metal).

Simmering or Stewing. — Cooking in water at a temperature just below the boiling point. The water may show slight movement or bubbling. A double boiler will maintain a simmering temperature or lower, and is used to protect foods from boiling temperature and scorching. Even when water in the lower part of a double boiler is boiling, the temperature in the top of the double boiler is four to five degrees below boiling.

Steaming. — Cooking in direct contact with steam in a closed container. Indirect steaming may be done in the closed top of a double boiler.

Fruit

APPROXIMATE MEASURES AND NUMBER OF SERVINGS PER POUND OF FRUIT

Fruit	Measure	Number of Servings
Apples	2½ to 3 medium size	3
Apricots, dried	3 to 3½ cups	9 to 10
Bananas	3 medium	3
Blackberries, fresh	4 cups	5
Cantaloupe	1 small	2
Cherries, canned, with juice	2½ cups	4 to 6
Grapefruit, size 64	1 grapefruit	2 to 4
Peaches, medium	4	3 to 4
Pears	3 to 4	3 to 4
Pineapple, fresh	½ small fruit	4
Prunes, dried	2 cups	7 to 8
Rhubarb	8 to 10 stalks or 4 cups	3 to 4
Strawberries	2¼ cups	3 to 4

BERRIES

Select ripe, sound, fresh berries for serving raw. Pick over the berries and wash them a few at a time in a pan of cold water. Drain in a colander or sieve. Remove the hulls and stems. Chill, serve with just enough sugar to bring out the true berry flavor. Cream may be served if desired.

OTHER FRESH FRUIT

Apples, peaches, pears, plums, and grapes may be served whole. Such fruits need only to be washed and dried before serving. Each person should be given a fruit knife or an ordinary silver knife for peeling or cutting the fruit.

Medium sized perfect apples may be cut into eighths and arranged on a plate. They may be served with a slice of lemon and a knife.

Fruits which discolor when cut and exposed to the air — such as apples, bananas, and pears — should be tossed in lemon juice or weakened vinegar to coat the cut surfaces and prevent discoloration.

FRUIT JUICE COCKTAILS

Suggested combinations:

Pineapple, grapefruit, orange	Strawberry, rhubarb
Apricot, lemon, orange	Currant, lemon
Grape (white or red), lemon, orange	Currant, raspberry, peach
Grape (Concord), lemon, pineapple	Rhubarb, lemon, orange
Cherry, peach, lemon	Watermelon, lemon, pineapple
Strawberry, lemon, pineapple	Cranberry, lemon
Strawberry, cherry	Red raspberry, lemon, peach

Enough sirup made from one part water and two parts sugar may be added to give agreeable flavor. Serve cold.

CITRUS FRUIT COCKTAIL

Arrange segments of orange and grapefruit in a cocktail glass. Pour over the fruit a few spoonfuls of the fruit juice unsweetened or sweetened slightly with powdered sugar or with a sugar sirup made from 1 c. sugar and 1 c. water. An irregular arrangement of fruit is more attractive than one which is "set" or regular. Serve cold.

MIXED FRESH FRUIT COCKTAIL

Remove seeds from red grapes. Separate grapefruit into segments. Cut fresh or canned pineapple into pieces of suitable size to eat without further cutting. Arrange fruit in cocktail glass and add a few spoonfuls of the fruit juice, which may be slightly sweetened if necessary. Serve cold.

MIXED FRUIT COCKTAIL

Remove seeds from large red or black, fresh or canned, cherries. Cut fresh or canned pineapple into pieces of suitable size to eat without further cutting. Remove segments from oranges. Arrange fruit in cocktail glass with a few spoonfuls of juices.

Note: Grapes, canned or fresh peaches or apricots (if firm), canned or fresh pineapple, Bartlett pears, large red, black, or Royal Ann cherries, fresh strawberries, fresh red raspberries, apples, watermelon, and cantaloupe, are all fruits which may be made into appetizing cocktails in various combinations.

Suggested combinations:

Apples, pears, canned cherries	Plums, pears, peaches, berries
Berries, cherries, raw apples	Berries, watermelon, yellow peaches
Cantaloupe, pears, canned cherries, plums	Peaches, pineapple, cherries, strawberries

Avoid too soft textures and too sweet a mixture. Consider contrasts of color and flavor, and do not cut fruits into too small pieces. Fruits which turn dark after peeling must be treated with lemon juice or pineapple juice to prevent discoloration.

Juices to pour over fruits may be mixed fruit juices, pineapple juice, or a sirup of 1 c. sugar, 1 c. water, and the juice of 1 lemon.

SUMMER FRUIT PLATES

Whole Fruit. — Arrange on a plate: (a) strawberries (stems on) with mound of powdered sugar in the center; (b) large sweet cherries on the stems; (c) bunches of grapes; (d) pineapple wedges with outer brown covering left on and mound of powdered sugar in the center. Any one of the above may be eaten with the fingers.

Cut Fruits. — Arrange on a plate: (a) slices or halves of fresh or canned fruits and assorted berries. Colorful combinations are possible. (b) Sections or balls of melon of two or more colors and flavors. Plate garnishes may consist of leaves or sprigs of green that belong to the fruit, or sprigs of mint.

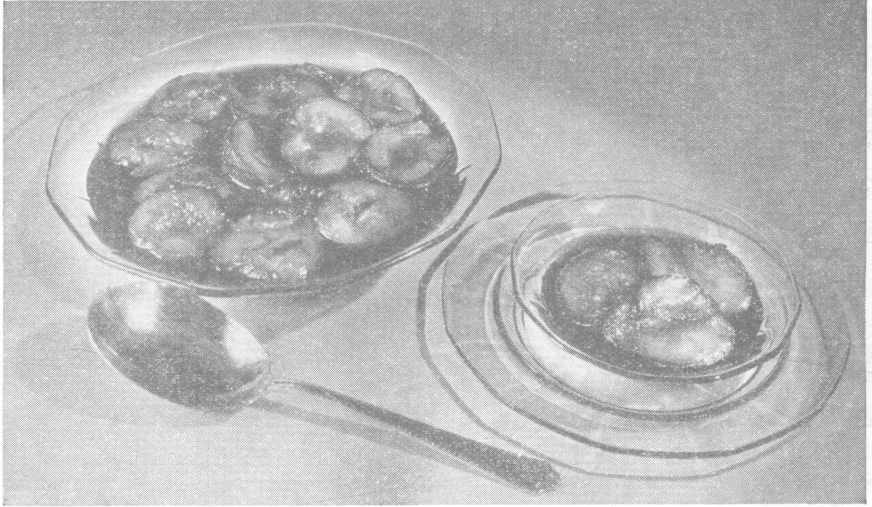


Fig. 1.—Pears are delicious when baked.

COOKED FRUIT

Three common methods of cooking fruit are:

1. Cooking in water to make a sauce. Add a small quantity of water, and near the end of the cooking process add only enough sugar to bring out the natural flavor of the fruit. A few grains of salt help to bring out the good fruit flavor. Practically all fruits may be cooked this way.

2. Cooking in sirup to preserve the shape. Cook fruit slowly so it will not break up. Use from 2 T. to $\frac{1}{2}$ cup of sugar to each cup of water, depending upon the sweetness of the fruit. Apples, peaches, berries, plums may be cooked this way.

3. Baking in a moderate oven 20 to 40 minutes. Apples, rhubarb, peaches, pears, and berries may be cooked this way. Wash, core if necessary and peel if desired, except in the case of rhubarb. Place in a deep baking dish, cover with light brown sugar. Add water, and bake in a slow oven until done. The flavor of pears is improved by the addition of some lemon juice or a few pieces of candied ginger.

Variation for baked apples: For 5 or 6 medium-sized tart apples, mix 2 T. flour, 1 to 2 T. butter, $\frac{1}{2}$ c. sugar, $\frac{1}{8}$ t. salt, 1 t. cinnamon. Quarter the apples

into a deep baking dish. Sprinkle the above mixture over the apples and add a little more than a cup of water. Bake in a slow oven. This makes a spicy sauce around the apples.

DRIED FRUITS

For perfect dried fruit sauce, keep the soaking short and the cooking slow.

Wash the fruit, then put it in a saucepan and cover with boiling water. Soak about 1 hour. Longer soaking may be needed if the fruit is very hard and dry. But too long soaking draws out too much flavor.

Cook the fruit in the same water in which it has soaked. Simmer slowly over low heat.

A few grains of salt help to bring out the natural sweetness. Dried peaches and apples, though, need extra sweetening—about $\frac{1}{4}$ cup of sugar to each cup of dried fruit. To give fresh fruit flavor and vitamin C, squeeze lemon, orange, or grapefruit juice over the dried fruit just before serving.

Beverages



COFFEE

TO MAKE GOOD HOT COFFEE

1. Purchase fresh coffee. Not more than one week's supply of ground coffee should be bought at a time. About 40 measuring cups of coffee may be prepared from 1 pound. Have it ground medium fine for boiled or percolated coffee, pulverized for drip coffee.



2. Be sure that the coffee pot is absolutely clean. Scouring twice a week helps to free the pot from deposit. Be sure to scald and air the pot. Hot coffee should be removed from contact with the grounds as soon as the desired strength has been developed. When it has been removed from the grounds it may be kept hot for half an hour without marked deterioration in flavor. Coffee which has been allowed to cool can never be reheated satisfactorily.

3. Use 2 level tablespoons of ground coffee for each standard measuring cup of water used.

4. Use one of the following methods:

(a) *Boiled Coffee*. — Measure cold, hot or boiling water and coffee as above. Coffee may be put loosely into a bag and tied if desired. Put in pot and bring slowly to the boiling point, stirring coffee down occasionally. Remove from fire and let stand 3 to 5 minutes. Remove the bag. Pour a little cold water into the pot to settle the grounds. Strain and serve.

Note: A clearer coffee may be obtained by mixing an eggshell or a small amount of egg with the coffee. One egg beaten will give 10 to 12 teaspoons of egg.

(b) *Percolated Coffee*. — Put coffee in upper part of percolator. Pour cold water through the coffee. Cover and percolate gently 5 to 7 minutes or until desired strength is reached.

(c) *Filtered Coffee.* — Filtering is the method which extracts the maximum amount of desirable flavor and stimulant and the minimum amount of bitter flavored tannin. A drip coffeepot is used. It consists of an earthenware, enamel, glass, or metal pot with an inset container for the coffee grounds. Each of the types on the market is accompanied with instructions for its successful operation. In general the method is as follows:

Allow 2 level tablespoons of finely ground coffee and 1 cup of water for each large cup of coffee. Place the coffee in the inset container. Place the pot on an asbestos pad over low heat, or in a pan of boiling water, or on the special heating unit which comes with some pots. Pour the boiling water over the coffee. If the first filtration does not produce coffee of the desired strength, the coffee may be poured over the grounds a second time. The container holding the grounds should be removed from the pot as soon as filtration is complete, because the grounds may absorb some of the aroma of the freshly made beverage.

TO MAKE ICED COFFEE

Pour hot coffee of double strength over crushed ice. If the ice supply is limited, cool strong coffee. Serve with enough ice to produce desired temperature.

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TEA

TO MAKE TASTY HOT TEA

Use a porcelain, earthenware, china, or glass teapot to insure good flavor. Use one of the following methods:

1. Heat the teapot by pouring boiling water into it. Pour out this water and put the measured tea leaves in a bag in the heated pot. Pour over them freshly boiled water, cover, and steep 3 minutes. Never boil tea. Do not let tea stand on the leaves more than 3 minutes. Strain off grounds or remove tea bag or ball.

2. Put tea leaves in a strainer and pour boiling water through them.

Serve tea with sugar and cream or thin slices of lemon or orange. Cloves may be stuck in the slices of fruit, or two or three dropped in the cup.

TO MAKE ICED TEA

Make stronger than for hot tea, for the ice will dilute the tea. Use 1 to 2 teaspoons of tea to 1 cup of freshly boiled water. Dilute and chill. Add ice at serving time. The reason for cloudiness of iced tea is making the tea very strong and later diluting with cold water. The tannin, being less soluble in cold than in hot water, is precipitated, giving a cloudy tea.

SPICED TEA

6 t. tea

1 t. whole cloves

1 t. whole spices

1 stick cinnamon

Steep these ingredients in 6 cups of boiling water. To this mixture add:

6 t. orange juice

4 T. lemon juice

and enough sugar sirup to sweeten. This recipe will make about 12 servings, $\frac{1}{2}$ cup each.

COCOA AND CHOCOLATE

COCOA

2 T. cocoa		1 c. water
3 T. sugar	$\frac{1}{8}$ t. salt	4 c. milk

Mix the cocoa, salt, and sugar; add water, then cook for 5 minutes, stirring to prevent burning. Add the milk and heat. Just before serving, add a few drops of vanilla and beat vigorously with a rotary egg beater. In serving, add a spoonful of whipped cream or a marshmallow to each cup, if desired. This makes approximately 6 servings, $\frac{3}{4}$ cup each.

HOT CHOCOLATE

Substitute 1 ounce (1 square) of unsweetened chocolate for the cocoa in the preceding recipe.

COCOA OR CHOCOLATE SIRUP

If cocoa or chocolate are served frequently it will save time to have a jar of chocolate sirup in the refrigerator to be converted into beverage by heating or shaking with milk. To make the sirup use:

1 c. cocoa	1 $\frac{1}{2}$ c. sugar	1 c. water
or 4 oz. (4 squares) chocolate	$\frac{1}{8}$ t. salt	2 t. vanilla

Mix the cocoa, sugar, and salt. Stir in the water and boil for 5 minutes, stirring constantly. Cool slightly; add vanilla; pour into a glass jar with a tightly fitting cover; store in ice box. Add 1 T. to each cup of milk for either hot or iced cocoa.

TO MAKE ICED COCOA OR CHOCOLATE

Cocoa or chocolate may be chilled, then beaten vigorously with a rotary egg beater and poured over cracked ice.

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EGG AND MILK DRINKS

EGG NOG

1 egg	Few drops vanilla
1 c. milk	or few grains of nutmeg
1 t. sugar	Few grains salt

Beat egg with sugar and salt. Add milk and flavoring. Serve cold. Approximate yield: 1 serving, 1 cup.

VARIED MILK DRINKS

1. Add 3 T. of any kind of fruit sirup such as strawberry, raspberry, pineapple, to a cup of cold milk. A beaten egg may be added if additional nutritive value is desired. Chill before serving.

2. Add 1 T. caramel sirup, maple sirup, or honey to 1 cup of cold milk. Chill before serving.

REFRESHING FRUIT BEVERAGES

In making and serving fruit drinks remember the following points:

1. A refreshing drink needs zest. Most combinations are improved by the addition of a tart citrus fruit juice such as lemon, lime, or grapefruit. Only enough sugar should be added to enhance the natural flavor. In making large quantities of fruit drink, it is always better to prepare a sugar sirup.

2. In combining two or more juices it is best to have one predominating flavor. Juice extracted from fresh fruits, the sirup drained from stewed fruits or from canned fruits, bottled or canned fruit juices, may be used.

Combinations of fruit juices for punch can yield beautiful, clear colors, or ugly muddy ones. If a red color is desired, use red or blue-colored juices and keep the reaction acid by the addition of lemon juice. For a purple color, choose fruit juices nearly neutral and do not add lemon juice. A blue color can usually be intensified by the addition of canned pineapple juice. Orange juice may give a brownish cast when added to red or blue fruit juices. Unless a very small proportion of one color is used, it is better to avoid red-and-yellow and blue-and-yellow combinations.

3. Summer fruit drinks should give the sensation of coolness. This is produced by the use of very cold water or ice. One way to heighten this sensation is to use a trace of oil of peppermint. Pour the oil into a teaspoon and then pour the oil back into the bottle. The film which adheres to the spoon will impart an elusive coolness to an entire pitcher of beverage through which the spoon is stirred.

Cucumber peel will give zest to fruit drinks if allowed to stand in the fruit juices. It should be removed when the drink is served.

A few grains of salt help to bring out the good fresh flavor of the fruit.

GOOD FRUIT JUICE COMBINATIONS

Apple—with plum, red cherry or pineapple	Grape—with pineapple juice
Cherry—delicious with any mild juice	Peach—with orange and lemon
Currant—with red raspberry	Rhubarb—with lemon and raspberry
Gooseberry—with spices, orange or pineapple	

LEMONADE

For each glassful allow 2 tablespoons of lemon juice and 1 to 2 level teaspoons of sugar. Squeeze the lemons, mix sugar and juice; add water. A little grated rind may be added. To occasionally decorate the lemonade serve a half slice of unpeeled orange on the edge of each glass or a small spray of mint.

When making a large quantity of lemonade it is a good plan to make a sirup using half as much sugar as water. Bring it to a boiling point and boil 3 or 4 minutes. Use just enough to palatably sweeten the lemonade.

RHUBARB PUNCH

3 lbs. rhubarb	1 c. lemon juice
1 qt. water	1 c. shredded pineapple
2 c. sugar	3 qts. very cold water
1 c. orange juice	

Without peeling, cut rhubarb into small pieces and cook in the quart of water until tender; strain. There should be about 2 quarts. Add sugar to the hot strained

rhubarb and stir occasionally until dissolved. Add fruit juices and pineapple and put away in cool place. When ready to serve add the cold water. Serve with mint sprays or half slices of orange or red cherries. This makes approximately 45 servings, $\frac{1}{2}$ cup each.

SPICED FRUIT JUICE

1 qt. sweet cider or grape juice
 $\frac{1}{4}$ c. sugar
 $\frac{1}{8}$ t. salt

8 short pieces stick cinnamon
12 whole cloves
8 whole allspice

Mix all the ingredients, bring to the boiling point, cool, and let stand for several hours. Reheat, remove whole spices, and serve hot with sandwiches or cookies. This makes approximately 8 servings, $\frac{1}{2}$ cup each.

Cereals



HE term "cereal" is used to describe various grain products made from seeds of the grass family. The grains which are most commonly made into breakfast foods, flour, and other cereal products are wheat, rye, corn, oats, rice, and barley. Macaroni and related products are made from wheat.

Breakfast foods are made from various grains. Wheat, oats, corn, and rice are the most commonly used. For cooked cereal the grain may be used whole with only the outer husk removed, or the whole grain may be cracked or crushed, or it may be ground to a fine granular state. The latter type may be made from the whole kernel ground or from the inner endosperm section of the kernel. Endosperm cereals are starchy and lack the bran, germ, and much of the mineral matter



Fig. 2.—A combination of dried fruits and cereals make a healthful breakfast.

and vitamins found in the whole grain products. Whole grain products containing the germ are especially rich in vitamin B₁.

Methods and time periods for cooking breakfast foods vary chiefly with the form in which the grain is milled. Whole grains which are covered with the bran layers require a longer time for the absorption of water by the starch cells and for softening of the bran than those from which the bran has been removed.

Cereal products such as rice and macaroni may be boiled in an excess of water directly over the fire. Rice may also be cooked by first boiling a few minutes over the fire, then finishing in the covered double boiler. If cooked by this method, less liquid but a longer time is required. Finely granulated cereals may be completely cooked by boiling over the direct fire or by boiling from 1 to 5 minutes and then cooking the remainder of the time in the double boiler. The trend, except in the case of whole grain or coarsely cracked cereals, is toward shorter cooking periods

PROPORTIONS AND COOKING PERIODS FOR BREAKFAST FOODS

CEREAL	Measure of cereal	*Approx. measure of water	Salt per cup cereal	Time of cooking	No. of servings	METHOD
<i>Wheat or Oats</i>						
Cracked wheat or oats						
Steel cut	1 c.	4 c. or less	1 t.	30 min. to 2 hrs.	6	
Coarsely crushed	1 c.	4 or less	1 t.	1 to 2 hrs.	6	
Rolled wheat or oats						
Raw	1 c.	2 to 2½ c.	1 t.	15 to 20 min.	4	
Pre-cooked	1 c.	2 c.	1 t.	5 to 15 min.	4	
Granular						
Starchy	1 c.	6 or 8 c.	1 t.	10 to 30 min.	8	
Whole grain	1 c.	4 or 5 c.	1 t.	20 min. to 1 hr.	8	
<i>Corn</i>						
Cornmeal	1 c.	3½ c.	1 t.	30 min.	6	Mix cornmeal with ½ c. cold water; add to boiling water. Boil 1 to 5 min. Place over hot water, cover and cook for remaining time.
Hominy, dry	1 c.	6 c.	1 t.	3 to 4 hrs.	3	Boil 5 to 10 minutes and finish in double boiler.
<i>Rice</i>	1 c.	8 c.	1 t.	15 to 20 min.	6	Add rice to boiling salted water. Boil until tender.
<i>Macaroni</i>	1 c.	8 c.	1 t.	20 min.	5	Boil until tender.

* *Note:* Milk may be substituted for part or all of the water in cooking cereals. As milk scorches easily, be careful to cook the cereal in the double boiler when milk is used. Cereals may be cooked in the oven or on the back of the range, if desired, rather than on top of the stove. The vessel should be tightly covered.

than were formerly used. The whole grain and coarse cereals are usually not fully cooked in less than 2 to 4 hours. Digestibility tests indicate that granular and rolled cereals cooked 20 to 30 minutes are as digestible as those cooked for longer periods. Long, slow cooking is desirable because it brings about the greatest development of flavor and softening of the fiber.

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WAYS OF SERVING CEREALS

BREAKFAST CEREALS IN VARIED WAYS

1. Cook in milk. Variety in flavor and additional food value may be secured by cooking breakfast food in milk rather than water.
2. Serve cooked breakfast cereal with a little butter, brown sugar, and top milk.
3. Add cooked fresh fruit, such as peaches, pears, berries, apples.
4. Add cooked dried fruits, such as raisins, dates, peaches, apricots, prunes.
5. Add raw fruit, such as sliced peaches, strawberries, raspberries.
6. Sprinkle a little cocoanut on top of the fruit.
7. Mold any cooked cereal in individual cups. Turn out, and serve with cream and sugar or fruit.
8. Mold any cooked granular cereal, such as cornmeal, hominy grits, cracked wheat, cream of wheat, in a pan; chill, slice, fry in fat and serve hot with sirup.

OATMEAL GRUEL

$\frac{1}{3}$ c. rolled oats

$\frac{1}{2}$ t. salt

$1\frac{1}{2}$ c. boiling water

Cook the same as cereal. Strain, reheat, add whole milk or cream, and serve. Makes 2 servings, approximately $\frac{3}{4}$ cup each.

CANNED WHOLE WHEAT

Wash and soak wheat according to directions given for cooking whole wheat. Each cupful of dry wheat will make from $2\frac{1}{2}$ to $3\frac{1}{4}$ cups of cooked wheat, the amount depending upon the volume of water absorbed. Fill clean, hot jars two-thirds full of the soaked wheat, then add water up to $\frac{1}{2}$ inch of the top of the jar.

Or, Fill the jar one-third full of washed wheat, then add water up to $\frac{1}{2}$ inch of the top of the jar, and salt (1 teaspoon to each cup of wheat).

Place rubber on jar and partially seal. Process in hot water bath until wheat kernels burst (4 to 6 hours), or in pressure cooker 2 hours at 15 pounds pressure, or 3 hours at 10 pounds pressure. If pressure cooker is used allow cooker to cool to room temperature before opening the petcock. If petcock is opened too soon, water may be forced out of the grains and leave them small and hard.

GRAINOLA —No. 1

3 c. rolled oats

2 T. salt

3 c. cornmeal

4 T. sugar

3 c. whole wheat flour

1 to 2 qts. whole milk

Mix all ingredients to make stiff dough. Roll into thin sheets like pie crust. Bake in hot oven until golden brown. Grind and serve with sugar and cream as breakfast food. Makes 2 to 3 quarts.

GRAINOLA — No.2

6 c. whole wheat flour

1 c. sorghum

Or 2 c. brown sugar

3 t. soda

1 t. salt

Buttermilk or sour milk (approximately 3 pints)

Mix dry ingredients with buttermilk and sorghum until like a corn-bread batter. Pour into a greased pan. Bake 45 minutes to 1 hour. Break up and dry; grind and dry. Serve with sugar and cream as breakfast food. Makes $1\frac{1}{2}$ to 2 quarts.

OATMEAL CRISP

2 c. oatmeal

1 c. flour

2 t. baking powder

1 T. sugar

1 t. salt

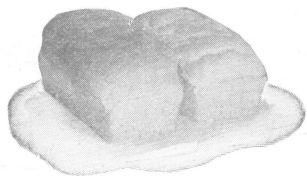
$\frac{3}{4}$ T. fat

$\frac{2}{3}$ c. milk or enough to made a rather stiff dough

Mix all dry ingredients together. Work in fat with tips of fingers, then add milk. Roll very thin. Prick well and bake for 15 minutes in a fairly hot oven. When cold break into pieces. Serve as breakfast food or in place of crackers. Makes 10 to 12 servings.

Recipes for main dishes made from cereals and cereal products will be found in the section "Main Dishes Made from Eggs, Cheese, and Other Products" (p. 58).

Yeast Breads and Rolls



SUCCESS in making bread depends upon the quality of the ingredients, careful manipulation of ingredients, and maintenance of a desirable temperature throughout the process.

INGREDIENTS

Good ingredients do not always mean good bread, but we can't expect good bread without good ingredients.

The necessary ingredients in yeast bread are flour, liquid, yeast, and salt. To give the flavor and texture that most people like, small amounts of fat and sugar are added. Other ingredients, eggs, fruits, spices and nuts, are added in varying amounts to make fancy breads.

Flour—

Flour is one of the chief ingredients in all breads. Throughout the ages every kind of cereal has been ground into flour and made into bread. The best light bread is made from wheat flour. Wheat flour contains proteins which, when mixed with liquid, forms an elastic substance called gluten. It is this gluten which holds the gas bubbles and makes the bread light. No other flour develops as much or as good quality gluten as that made from wheat.

Wheat flours may be divided into two basic kinds; those made from hard wheats and those made from soft wheats. The chief difference is that dough made from hard wheat has a large amount of firm elastic gluten while soft wheat dough may contain the same amount of gluten but it is weaker and not quite so elastic.

Both hard and soft wheat flours will make good bread, but the bread will be somewhat different and each needs slightly different treatment.

The baking and mixing methods must be adapted to the type of flour used. Most Ohio wheat is soft or semi-hard and the flour milled is also soft. The flour most used for home baking is *all-purpose flour* (also called family flour or general purpose flour). Such flours are usually made by blending wheats or flours to give a flour with a combination of the characteristics of both soft and hard wheat. There is enough gluten of the right strength developed in the dough made with all-purpose flour to make light bread, yet the gluten is not so strong that good pastries, biscuits and other products cannot also be made from the same flour.

Several kinds of wheat flour are on the market:

Whole wheat or graham flour is made from the whole grain.

White flour has had the bran coats and the germ of the wheat removed.

In milling white flour most of the vitamins and minerals of the whole grain are lost.

"Enriched flour is white flour to which has been added vitamins, thiamine, riboflavin, and niacin, and one mineral, iron, to replace those lost in milling. Enrichment adds greatly to the nutritive value of the white flour in a thrifty and easy way. Not all white flour is enriched—the label will show if it has been enriched.

Flours made from other cereals, particularly rye and soybeans, can be used in making bread. Rye flour can be used alone but it makes a more sticky and less elastic dough than wheat flour. Better results are obtained when rye and soy flours are used with wheat flour.

Liquid—

Water, milk (fresh, dried, evaporated or buttermilk), or potato water, or a combination of two or three of these liquids may be used. When milk is used, the bread is improved in food value and does not become stale as rapidly as when water alone is used. Milk should be scalded and cooled before using to keep it from souring in the dough. Bread made with potato water does not dry out so fast as that made with water.

Other liquids, such as tomato or any fruit juice, may be used to add variety to home baked bread.

Yeast—

Good yeast is essential to making good light bread. Yeast is a tiny plant which grows and produces a gas, thus providing the leavening in the dough.

Compressed, dry, or liquid yeast may be used with equal success provided it is fresh and in good condition. Compressed yeast acts more quickly than dry yeast because it is in an active state. It must be stored in a cool place to prevent spoilage. This type of yeast is used for straight dough method of making bread. Dry yeast stores more easily than any other form. It may be stored at room temperature. Since the yeast plants are not in an active state, longer time is required to make bread. The sponge method is used when making bread with this type of yeast. Dry granular yeast is almost as fast as compressed yeast and is used the same as compressed yeast. Liquid yeast gives good results when bread is baked as often as twice a week and the starter is cared for properly.

The amount of yeast used depends upon the time allowed for bread baking and the kind of flour used. Doubling the yeast cuts fermentation time almost in

half. More yeast is necessary for refrigerator doughs, for rich doughs and for doughs made with soft wheat flour. The yeasty taste which sometimes develops in bread is due to over fermentation or to fermenting at too high temperature rather than to using too much yeast.

Yeast grows best when the temperature of dough is 80° to 85° F. The temperature of the dough should be kept within this temperature range throughout the fermentation period.

Salt—

Salt gives flavor to bread and helps to control the fermentation of the dough. Just enough to bring out the good wheat flavor should be used, as too much will retard the action of the yeast and cause the dough to rise too slowly. One teaspoon to one cup liquid is a good proportion.

Sugar—

Sugar is quick food for yeast. It gives a desirable flavor to bread and gives a rich golden brown color to the crust. A good rule is 1 tablespoon of sugar to 1 cup of liquid. Larger quantities retard the growth of the yeast, thus, in making sweet rolls, it is necessary to use more yeast. Brown sugar, honey, molasses, and sirup may be used as well as white sugar. Use the same measurements when substituting one "sweet" for another in yeast breads.

Shortening—

Fat in dough makes the crust and crumb of the bread more tender. It also helps to keep the bread moist longer. Any good cooking fat is satisfactory to use: 1 teaspoon to 1 tablespoon of fat per loaf is sufficient. The fat should be soft or melted and then cooled before adding. Shortening, like salt, slows down the growth of yeast. It should, therefore, be added as late as possible—usually after about half the flour has been added. An extra amount of yeast is needed for doughs using large proportions of fat.

MANIPULATION OF INGREDIENTS

The handling of ingredients will be discussed under various recipes.

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BREAD RECIPES

WHOLE WHEAT BREAD

Bread may be made from all whole wheat flour but usually lighter bread results when part white flour is used.

1-2 cakes yeast	3½ c. milk (scalded and cooled)
4 T. sugar	4½ to 5½ c. whole wheat flour
4 t. salt	2¼ c. enriched white flour
3 T. fat	

Scald the milk and cool ½ cup to below 100° F. or until it is about the same temperature as the body (wrist test). Add broken up yeast cake or granular yeast and allow it to soften. Approximate yield: 3 loaves.

Straight Dough Method: Place sugar and salt in bowl, add the scalded milk; let cool to desired temperature. Add moistened yeast. Never add yeast to any dough

or liquid over 100° F. because high temperatures kill the tender yeast plant. Add enough whole wheat flour to make a drop batter; then beat until bubbles rise in the dough. Add fat, melted and cooled, and mix in well. Now, add enough flour to make a soft dough which can be lifted out of bowl but is still sticky. Turn onto the bread board in a "nest" of a cup of flour. Cover with a clean cloth on wax paper and let the dough rest 10 minutes before kneading. Knead dough quickly and lightly until smooth and elastic. Place dough in greased bowl, cover and set in a warm place, free from draft. Let rise until doubled in bulk. When light, cut dough with a sharp knife into as many pieces as there are to be loaves. Round the dough into balls, and let rest a few minutes before forming loaves. Shape into loaves. Place in greased bread pans, cover and let rise again until doubled in bulk. Bake in a hot oven 400° F. for 10 minutes, then lower the temperature to a moderately hot oven 350° F. for 50 minutes or until done. Remove loaf from pan, cool on rack. Keep bread uncovered until cool. Store in clean, ventilated breadbox in dry, cool place.

Sponge Method: When dry yeast is used, a sponge should be made early in the morning or the night before the bread is to be baked. Break up dry yeast and soak it in lukewarm water for about $\frac{1}{2}$ hour or until it is soft. If the sponge is to stand overnight, only about $\frac{1}{2}$ the amount of yeast given in the recipes is needed. Mix the liquid, yeast and half the flour well, cover, and let stand in a warm place (not over 85° F.) until the dough is light and frothy. For a quick sponge sugar may also be added. When the sponge is light, stir well, then add salt, sugar, melted fat and the rest of the flour needed to make a dough which does not stick to the sides of the bowl.

After the dough is mixed, it is handled in the same way as in the straight dough method.

WHITE BREAD

1 to 2 cakes yeast dissolved in	2 T. sugar, sirup, or honey
$\frac{3}{4}$ c. lukewarm water	2 T. fat
2 c. milk	About 10 c. sifted enriched flour
4 t. salt	

Follow general directions for straight dough or sponge method. Approximate yield: 3 to 4 loaves.

OATMEAL BREAD

3 c. finely ground rolled oats	1 to 2 cakes compressed yeast
2 lbs. 3 oz. (9 c.) sifted enriched	4 T. sugar
all-purpose flour	4 t. salt
$3\frac{1}{2}$ c. milk	2 T. fat

Mix the rolled oats with the white flour and proceed as for whole wheat bread. These ingredients make 4 loaves of bread.

SOYBEAN BREAD

$\frac{1}{2}$ c. sifted soy flour	1 to 2 cakes compressed yeast
$8\frac{1}{2}$ c. sifted enriched	4 T. sugar
all-purpose flour	4 t. salt
$2\frac{3}{4}$ c. milk	2 T. fat

Sift the soy flour with the wheat flour and proceed as for whole wheat bread. Approximate yield: 3 loaves.

ROLLS AND BREAD VARIATIONS

Rolls may be made from plain bread dough or a sweeter, richer dough may be used.

BASIC SWEET DOUGH

1 cake of yeast dissolved in
 $\frac{1}{2}$ c. lukewarm water
2 to 4 T. fat
2 to 4 T. sugar or sirup
2 t. salt

1 c. milk
1 egg
4 c. sifted enriched soft wheat
flour, or
 $3\frac{1}{4}$ c. sifted enriched hard
wheat flour

Soften yeast in lukewarm water. Scald the milk and pour it over the sugar and salt in mixing bowl. Let cool to lukewarm. When milk is lukewarm add to it the softened yeast and about half the flour. Beat until smooth. Add the egg and mix thoroughly. Stir in the melted shortening. Add flour until dough rolls in a ball around the spoon. Turn out onto board sprinkled with 1 c. flour. Cover and let rest 10 minutes.

Knead lightly for 5 to 10 minutes, or until dough is no longer sticky. Put in a greased bowl, turning dough around in the bowl until all sides are coated with fat. Cover and let rise until double in bulk. Turn dough onto lightly floured board, divide into equal size pieces, let rest 10 minutes. Shape into rolls and bake in hot oven (400° F.) for 15 to 20 minutes. Approximate yield: $1\frac{1}{2}$ dozen rolls.

VARIATION: Whole wheat flour may be used in any of these recipes. Substitute $\frac{1}{3}$ or $\frac{2}{3}$ whole wheat for white flour.

BUTTERHORN

Roll ball of dough (about 1 lb.) into a circular shape about $\frac{1}{4}$ -in. thick. Cut in 8 to 10 wedge-shape pieces. Brush with melted butter and roll up, beginning at wide end. Grease with melted butter or other fat before setting to rise.

Fig. 3.—Varieties of yeast dough rolls.



CRESCENTS

Shape the same as butterhorn, but curve in shape of crescent on baking sheet.

BOW KNOTS

Roll dough to $\frac{1}{2}$ -in. thickness. Cut into 6-inch strips and tie strips in knots.

PARKER HOUSE ROLLS

Roll dough into a sheet $\frac{1}{3}$ to $\frac{1}{2}$ inch thick, spread with melted butter, and cut in rounds with a biscuit cutter. Make a crease across the round just below the center with the handle of knife or large wooden spoon. Fold over so the top slightly overlaps the under edge. Press edges together on ends of crease. Place rolls close together on baking pan.

FAN TANS

Roll dough into very thin rectangular sheet. Brush with melted butter. Cut in strips about 1 inch wide. Pile 6 or 7 strips together, cut pieces $1\frac{1}{2}$ inches long, and place on end in greased muffin pans.

CLOVER LEAF ROLLS

Roll dough 1 inch thick, cut strands into 1-inch length. Round into balls, dip one-half of each ball in melted butter and place three balls together in greased muffin tins with the buttered sides touching.

CINNAMON ROLLS

Roll dough into rectangular shape about $\frac{1}{3}$ -inch thick. Spread with the cinnamon spread (see below). Roll up tightly like a jelly roll. Seal edges firmly. Cut into 1-inch slices. Place slices cut side down on greased baking sheet or in muffin cups.

Cinnamon Spread for Cinnamon Rolls

2 T. butter

5 T. honey or sugar

2 t. cinnamon

Cream butter so it will spread easily. Stir in cinnamon. Add the honey or sugar and blend thoroughly.

BUTTERSCOTCH ROLLS

Same as cinnamon rolls, except place the slices in muffin tins coated with butter, brown sugar, and nuts.

SWEDISH TEA RING

Roll sweet dough into rectangular sheet about 9 inches by 18 inches and $\frac{1}{2}$ inch thick. Brush with butter, sugar and cinnamon (chopped nuts or raisins may be added). Roll up tightly and seal. Transfer, sealed edge down to a lightly greased baking pan or sheet. Join ends to form ring. With scissors, make cuts $\frac{2}{3}$ of the way through ring at intervals of one inch and turn each cut section on its side. Cover and let rise until double in bulk. Bake in moderate oven 350° F. about 20 to 30 minutes.

HOT CROSS BUNS

Shape dough into smooth balls as for plain rolls. Let rise in pans until double in bulk. With a sharp knife or scissors cut tops of buns crosswise, and brush with egg and milk. Bake in a moderate oven (350° F.) for about 25 minutes. While still warm fill "cross" with white frosting.

White Frosting

1 $\frac{1}{4}$ c. powdered sugar Boiling water, milk or cream Flavoring

Add liquid to sifted sugar to make of right consistency to spread; then add flavoring.

ICE BOX ROLLS

1 $\frac{1}{2}$ cakes yeast dissolved in	2 $\frac{1}{2}$ t. salt
1 c. lukewarm water	$\frac{1}{2}$ c. fat
or 1 c. liquid yeast	$\frac{1}{2}$ c. sugar
2 c. milk	2 eggs, if desired
or 1 c. milk and 1 cup water	10 c. or more flour

Break and soak yeast in cup of lukewarm matter. Scald milk, add salt and cool. Cream together shortening and sugar. Beat eggs if they are to be used, and add to sugar mixture. When the milk is lukewarm, add it to the soaked yeast and blend with flour which has been sifted and measured into mixing bowl. Beat well, then add sugar and egg mixture. Mix thoroughly and knead into a smooth dough slightly softer than for bread. Place in a greased bowl, cover and let rise at a moderate temperature until double in bulk. Knead dough down and put back into greased bowl. Cover closely with lid to prevent a crust forming, and set in the refrigerator. Each day punch the dough down and let out the gas, returning the dough to the refrigerator at once.

About two hours before rolls are wanted, take off as much dough as required. Shape in any way desired and place in a greased pan. Cover and let rise in warm place until very light, then bake. Since the dough will be very cold when shaped, the pan of rolls may be set over fairly warm water (not too hot) to hasten the rising. Approximate yield: 40 to 50 medium size rolls.

CRESCENT ROLLS

Roll dough $\frac{1}{8}$ inch in thickness and cut into strips about 7 inches wide. Cut these into sharp pointed triangles; then, commencing at the base, roll them up. Bring the ends toward each other, keeping the point in the middle of the roll to give the shape of a crescent. Place on baking tins some distance apart. When light brush the tops with warm water and bake in hot oven (400° F.) for 15 to 20 minutes, then brush with yolk of egg beaten with 2 T. milk and return to oven to brown. Poppy seeds may be sprinkled over top after the egg and milk mixture has been brushed on.

COFFEE CAKE

1 cake yeast dissolved in $\frac{1}{2}$ c.	$\frac{1}{2}$ c. butter
lukewarm milk	$\frac{1}{2}$ c. sugar
1 c. scalded milk	2 eggs
$\frac{1}{2}$ t. salt	6 c. or more sifted flour

Place fat, sugar, and salt in mixing bowl. Add the scalded milk. Let cool to lukewarm, and add the yeast mixture and beaten eggs. Add enough flour to

make a drop batter. Beat until light and bubbles appear. Then add rest of flour to make a soft dough. Knead until smooth; place in a greased bowl. Cover, and let rise until double in bulk. When light, turn onto a floured board and roll gently until $\frac{1}{2}$ inch thick. Place in buttered pans, and brush the tops with melted butter; let rise until doubled. Cover with streussel. Bake in a moderate oven for about 20 minutes. Approximate yield: Two 9-inch coffee cakes.

Streussel

$\frac{1}{2}$ c. sugar	3 T. soft butter
1 t. cinnamon	3 T. chopped nut meats
$\frac{1}{4}$ c. flour	Few drops of vanilla

Mix thoroughly the sugar, cinnamon, and flour. Put the soft butter, working it with fingers into crumbs. Add the vanilla and chopped nut meats, if desired. Sprinkle this on top of coffee cake and bake.

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WAYS TO SERVE BREAD AND CRACKERS

TOAST

Bread at least 24 hours old makes the best toast. The bread may be cut varying thicknesses, according to the desires of the family; usually it is cut in $\frac{1}{4}$ -inch slices. It may be toasted on an electric toaster, on rack under flame in oven, or on a wire toaster over fire. Toast may be buttered at the table or before sending to the table. Serve immediately on a hot plate.

MELBA TOAST

Cut stale bread in very thin slices ($\frac{1}{8}$ inch). Arrange on baking sheet or shallow pan in moderate oven. Allow to dry and become a delicate brown. Melba toast may be served at breakfast or as an accompaniment to soup or salad.

CINNAMON TOAST

Cut stale bread in $\frac{1}{4}$ -inch slices; remove crusts and cut slices in halves or in three pieces crosswise. Toast, spread with butter, and sprinkle with sugar mixed with cinnamon, using six parts sugar and one part cinnamon. Return to oven until sugar melts to form a crust.

ORANGE TOAST

Mix sugar with orange rind and orange juice (1 T. grated rind and 1 T. orange juice to $\frac{1}{2}$ c. sugar). Use this mixture in place of the sugar and cinnamon mixture in the recipe for Cinnamon Toast.

CROUTONS

Cut bread in $\frac{1}{2}$ - to $\frac{3}{4}$ -inch slices, butter, and then cut into $\frac{1}{2}$ -inch cubes. Place in pan in hot oven, stirring occasionally in order to brown evenly.

TOAST STICKS

Cut bread in $\frac{1}{2}$ -inch slices, then cut in sticks $\frac{1}{2}$ inch wide. Place in pan or baking sheet, bake in slow oven (300° F.) for about 20 minutes, or until slices are crisp throughout and evenly browned.

BUTTER CRISP

Arrange salty wafers on baking sheet. Add water and allow to stand until wafers are plump and soft (8 to 10 minutes). Drain. Dot wafers with butter and bake in hot oven (425° F.) for 10 minutes. Reduce temperature to 375° F. and continue baking until brown and crisp.

SAVORY WAFERS

Butter crisp crackers. Sprinkle with celery salt and paprika. Place crackers on baking sheet and heat in oven long enough to melt butter and heat crackers. (Too long heating will cause paprika to turn brown).

TOASTED CHEESE ROLLS

Remove crusts from fresh close-textured bread. Slice thin ($\frac{1}{8}$ to $\frac{1}{4}$ inch thick). Spread each slice lightly with soft butter, then with softened, well-seasoned yellow American cheese. Roll up either diagonally or straight. If desired, each roll may be wrapped in bacon. Fasten with toothpick until set, then remove the toothpicks. Place rolls in pan and toast quickly under the broiler, turning until evenly browned. Serve fresh and hot as an accompaniment to soup or salad.

CROUSTADES OR TOAST CASES

Remove the crusts from the bread and cut into 2-inch slices. With a pointed knife outline a rectangle $\frac{1}{2}$ inch inside the edges of each slice, and cut out the center to leave a case with walls and bottom $\frac{1}{2}$ inch thick. Brush inside and out with melted butter; place on baking sheet in a moderate oven (350° F.). Bake until the cases are brown and crisp, turning frequently. Serve as a container for creamed or buttered vegetables, eggs, fish, or meat.

TOASTED LOAF

Choose a small or medium sized loaf of bread. Slice through the loaf but not through the bottom crust, cutting the slices thin. Pour melted butter over the slices to distribute it evenly. Cover with paper bag and place in moderate oven (350° F.) until very light brown (about 20 minutes). Place on serving platter and serve immediately. Slices can be broken off as from a loaf of French bread.

SOFT BREAD CRUMBS

Crumble the center of slices of stale bread between the fingers, or put through colander. These are used in bread puddings, timbales, poultry stuffing, and meat loaves.

DRY BREAD CRUMBS

These crumbs are made from bread which has been dried in a very slow oven until crisp but not brown, then crushed with a rolling pin or ground in a food chopper. Dry bread crumbs are used to coat foods which are to be cooked in fat.

BUTTERED BREAD CRUMBS

Allow $\frac{1}{2}$ to 1 T. butter for each $\frac{1}{2}$ c. of dry bread crumbs. Add the crumbs to the melted butter and mix thoroughly. Buttered crumbs may be used as a crust for escalloped dishes.

SANDWICHES

TO MAKE SANDWICHES

As a rule, bread for sandwiches should be 24 hours old. Fresh bread is necessary for rolled or folded sandwiches.

A sharp knife is helpful in cutting the bread evenly.

For dainty sandwiches slice bread as thin as possible.

For substantial sandwiches cut $\frac{1}{4}$ to $\frac{1}{3}$ inch in thickness. A one-pound loaf cuts from eighteen to twenty slices.

A variety of breads may be used, as rye, raisin, date, and Boston brown bread.

In making a large number of sandwiches, have the butter creamed, and fillings and mayonnaise ready before cutting the bread.

Cut the bread and lay out slices in pairs on work table.

Spread all slices evenly to the edge with butter, working across the rows from left to right. It will take $\frac{1}{2}$ to $\frac{3}{4}$ pound butter for fifty sandwiches. The butter should be creamed.

Spread every other slice with filling.

The filling may be of meat, fish, egg, cheese, peanut butter, chopped vegetables, nuts, or dried fruits. The meat should be cooked until very tender and sliced across the fibers in thin slices or chopped for filling. Be sure to remove gristle and superfluous fat.

Vegetables such as leaf lettuce, watercress, chopped parsley, a thin slice of tomato, etc., may be combined with the meat and salad dressing. Lettuce should be added to sandwiches just before serving.



Fig. 4.—Sandwiches make nutritious and attractive refreshments.

Lemon juice or a tart salad dressing is a pleasing addition to a fish sandwich. Chopped celery, cucumber, or pickle is tasty in a fish sandwich.

All kinds of cheeses lend themselves readily to sandwich making. Celery, pickles, or green peppers may be used to vary the flavor.

Peanut butter is more palatable and goes much farther if creamed and thinned with hot water, cooked salad dressing, chili sauce, or sour cream. Chopped celery, pickle, or raisins make a tasty addition.

Various vegetables such as celery, cabbage, turnips, carrots, peppers, watercress, spinach, onions, etc., may be chopped and used singly or combined, and salad dressing added to make a sandwich filling. Be sure vegetables are fresh and crisp.

Sandwiches prepared from raisin, date, or fig filling, with the addition of nuts and celery, are delicious.

When the filling has been arranged, put the slices together and cut in the desired shape. The sandwich may be cut in two or three oblong strips, two or four triangles, four squares, or in irregular shapes.

Wrap the sandwiches which are to stand, or which are to be packed for lunch, in oil paper.

SANDWICH FILLINGS

Sliced meat such as beef, veal, mutton, chicken, pork, ham, tongue, lettuce leaf, and salad dressing.

Dried beef, with cheese and mustard.

Ground cooked liver with chopped celery and bacon.

Sliced ham or crisp bacon strips, or sliced meat loaf or corned beef, slice of tomato, and salad dressing.

Sliced ham, corned beef or pork, pickle, horseradish, or chili sauce.

Chopped or ground beef, pork or chicken moistened with gravy, cream, or salad dressing.

Chopped or ground beef, pork, chicken or ham, chopped celery, pickle or olive, salad dressing.

Salmon or tuna fish, chopped celery and pickle, or olive or pickle relish, or thin slices of cucumber, and salad dressing.

Sausage or meat pudding, well cooked and drained of fat, with pickle, relish, or chili sauce.

Hard cooked egg chopped, seasoned, moistened with cream or salad dressing.

Hard cooked egg, crisp bacon and pickle chopped coarse, salad dressing, and lettuce.

Hard cooked egg, celery and green pepper chopped, slice of tomato, and salad dressing.

Deviled egg chopped, salad dressing.

Cottage cheese, chopped celery or cucumber, chopped green pepper, salad dressing.

Cottage cheese and shredded pineapple.

Cottage cheese spread on one side of bread—apple butter, tart jelly such as cranberry or currant, or preserves or marmalade on the other side of bread.

American cheese creamed, chopped green pepper or parsley, chopped celery, salad dressing.

Pimento cheese, lettuce, salad dressing.

Peanut butter, raisins, fruit juice.

Peanut butter, grated raw carrots.

Peanut butter, apple sauce or fruit butters.

Peanut butter, honey or sorghum.
 Peanut butter, chili sauce.
 Peanut butter, pickle, relish and lettuce.
 Chopped cabbage, green pepper, and celery, salad dressing.
 Chopped cabbage, carrot, green pepper, and celery, salad dressing.
 Chopped carrot and salted peanuts, salad dressing.
 Chopped cabbage and peanuts, salad dressing.
 Chopped cabbage and shredded pineapple, sour cream or salad dressing.
 Chopped watercress, pickle relish, and salad dressing.
 Thin slices of cucumber and tomato with lettuce leaf and salad dressing.
 Lettuce, bacon, and salad dressing.
 Tomato, bacon, and salad dressing.

Quick Breads

PLAIN MUFFINS

2 c. sifted enriched flour	1 c. milk
3 t. baking powder	1 egg, well beaten
$\frac{3}{4}$ t. salt	3 T. melted fat
$\frac{1}{2}$ t.—2 T. sugar or syrup	

Sift dry ingredients together into mixing bowl. Beat the egg, add liquid and melted fat. Add the liquid to the dry ingredients and stir only enough to mix all ingredients. Pour into well-greased muffin tins, filling the tins about two-thirds full. Bake in a hot oven 425° F., for about 20 minutes. Approximate yield: 1 dozen medium size muffins.

Variations of Recipe:

Whole Wheat Muffins.—Substitute 1 cup of whole wheat flour for 1 cup of enriched flour.

Cornmeal Muffins.—Substitute 1 cup of cornmeal for 1 cup enriched flour.

Bacon Muffins.—Reduce fat $1\frac{1}{2}$ T., add equal amount crisp diced bacon to liquid just before combining with dry ingredients.

Surprise Muffins.—Use foundation muffin. Fill muffin pans $\frac{3}{4}$ full. Place $\frac{1}{2}$ to 1 t. jam or jelly on top of batter. Cover with more batter. Bake.

SOYBEAN MUFFINS

$\frac{1}{2}$ c. soybean flour	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ c. white flour	1 egg
4 T. sugar	1 c. milk
4 t. baking powder	4 T. fat

Sift all dry ingredients together. Combine the beaten egg, fat, and milk, and stir these quickly into the dry mixture. Bake in deep, greased muffin pans for 8 to 10 minutes in a hot oven (450° F.). Approximate yield: 1 dozen medium size muffins.

HOMEMADE BISCUIT MIX

8 c. flour	4 t. salt
16 t. baking powder	1 c. lard

Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with 2 cups of the mixture to the batch. Each two cups will need approximately $\frac{1}{2}$ cup liquid to make biscuits, dumplings, and shortcakes. More liquid will be needed for muffins or waffles.

BISCUITS

2 c. sifted enriched flour	4 T. fat
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ to $\frac{2}{3}$ c. milk
3 t. baking powder	

Sift together flour, salt, and baking powder. Cut or work in fat until mixture has a coarse granular appearance. Add milk to make a soft dough, stirring just enough to make ingredients hold together. Turn out on lightly floured board, knead gently for a half-minute. Roll or pat out to desired thickness. Cut into desired shape.

Bake in hot oven (425° F.) from 12 to 15 minutes.

Approximate yield: 12 to 14 2-inch biscuits.

Variations of Recipe:

Drop Biscuits.

—Increase the milk to about $\frac{3}{4}$ c. Drop with a spoon on a greased baking sheet in small mounds that will keep their shape.

Pinwheel Biscuits.—Roll biscuit dough to about $\frac{3}{8}$ inch thickness and spread with softened butter. Sprinkle with brown sugar, brown sugar and cinnamon, honey and cinnamon, honey, raisins, and cinnamon, marmalade or grated cheese. Roll the dough as for jelly roll, slice off pieces $\frac{3}{4}$ inch thickness, and place cut side down on baking sheet. Bake 12 to 15 minutes.

Soybean Biscuits.—Substitute $\frac{1}{2}$ or 1 c. soybean flour for same amount of the wheat flour in basic recipe. If 1 c. of soybean flour is substituted, add 2 T. more of fat.

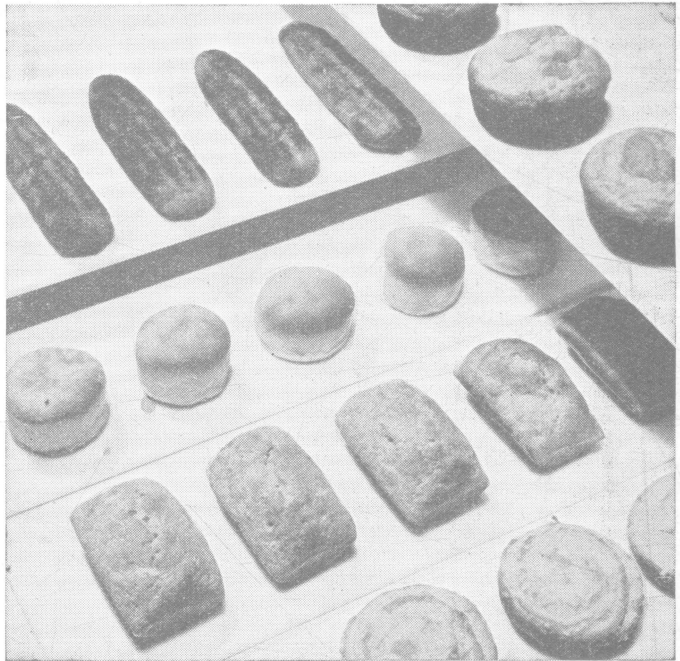


Fig. 5.—Varieties of quick breads.

Meat Roll.—Foundation Biscuit Recipe—2 cups chopped cooked meat. Roll out biscuit dough on a rectangular sheet $\frac{1}{2}$ inch thick. Spread meat on dough. Roll like a jelly roll and seal edge. Bake on ungreased baking sheet in moderately hot oven 400° F. 20 to 25 minutes. Serve hot with sauce or gravy.

Surprise Biscuits.—Roll out biscuit dough $\frac{1}{4}$ inch thick. Cut into rounds with a small biscuit cutter, about 1 inch in diameter. Slice sausages very thin. Cover biscuit with sausage slice, then with another biscuit, more sausage, and another biscuit. Press together at one side. Set sandwich on end in small muffin pans. Bake in hot oven 450° F. 12 to 15 minutes. Serve hot.

Cheese Biscuits.—Work $\frac{1}{3}$ to $\frac{1}{2}$ cup grated cheese into the flour with the fat or add the cheese to the flour-fat mixture just before adding liquid.

Waffled Wafers.—Roll out biscuit dough $\frac{1}{4}$ inch. Cut with biscuit cutter. Spread half the biscuit with some sandwich spread. Cover with another biscuit. Place a sandwich in each section of a hot waffle iron and bake until well browned, about $3\frac{1}{2}$ minutes. Serve hot.

Cornmeal Fan Tans.—Make baking powder biscuits substituting $\frac{1}{2}$ cup cornmeal for $\frac{1}{2}$ cup flour. Roll into rectangular sheet $\frac{1}{4}$ inch thick and brush with melted fat. Cut into strips 1 inch wide, then pile 6 or 7 of these one on top of the other. Cut crosswise into pieces $1\frac{1}{2}$ inches long. Place on end in a muffin tin. Bake in hot oven 12 to 15 minutes.

QUICK COFFEE CAKE

2 c. enriched flour	$\frac{3}{4}$ t. salt
3 t. baking powder	5 T. fat
6 T. sugar or (3 T. sugar	1 egg
(3 T. syrup	$\frac{1}{3}$ c. milk

Sift together all dry ingredients. Cut in fat. Combine beaten egg, milk and syrup (if used). Add to dry ingredients all at once and blend thoroughly. Turn into a greased layer pan and spread out to even thickness. Spread the topping made from:

$1\frac{1}{2}$ T. melted butter	4 T. sugar
1 T. flour	(or 2 T. sugar and 2 T. syrup)
	$\frac{1}{2}$ t. cinnamon

Bake in hot oven 400° F. 25 to 30 minutes. Yield: One 9-inch cake.

SHORTCAKE

2 c. enriched flour	$\frac{3}{4}$ t. salt
3 t. baking powder	6 T. lard
1 T. sugar (if desired)	$\frac{5}{8}$ to $\frac{3}{4}$ c. milk

Sift dry ingredients, cut or work in fat. Add milk and combine well. Turn out on lightly floured board and knead lightly until smooth in appearance. Roll to $\frac{1}{2}$ inch thickness. Cut with 3 or $3\frac{1}{2}$ -inch cutter. Place half biscuits upon baking sheet, grease tops with melted butter, and cover each with another biscuit. This gives a double biscuit easily broken apart. Bake in hot oven 10 to 12 minutes.

The dough may also be rolled $\frac{3}{4}$ inch thick and baked in one piece. Approximate yield: 6 servings.

NUT BREAD

2 c. enriched flour	3 T. fat
$\frac{3}{8}$ c. sugar	1 egg
3 t. baking powder	1 c. milk
1 t. salt	$\frac{1}{2}$ c. chopped nuts

Mix as for muffins. Bake in greased loaf pan at 350° F. for 50 to 60 minutes. Yield: 1 loaf.

STEAMED BROWN BREAD

1 c. whole wheat or graham flour	1 t. soda
1 c. cornmeal	1 t. salt
1 c. rye meal or ground rolled oats	$\frac{3}{4}$ c. molasses
3 t. baking powder	$1\frac{1}{2}$ c. sour milk

Mix dry ingredients. Combine molasses and milk, add to dry ingredients and stir until well mixed. Pour into greased cans, filling two-thirds full. Cover. Steam $2\frac{1}{2}$ to 3 hours. Yield: 2 loaves.

SPOON BREAD

2 c. buttermilk	1 t. soda
2 c. sweet milk	1 t. salt
$1\frac{1}{2}$ c. cornmeal	2 T. butter

2 eggs

Beat eggs and add 1 cup of sweet milk and 1 cup of buttermilk. Add cornmeal to which the salt has been added and mix until all lumps are out. Dissolve soda in cup of buttermilk and add to mixture, add second cup of milk and beat until smooth. Add melted butter. Pour into greased baking dish and bake in moderate oven for 20 to 30 minutes. Serve with a spoon from the dish in which it is baked. Approximately 6 servings, $\frac{2}{3}$ cup each.

CORN BREAD

$1\frac{1}{2}$ c. enriched flour	2 T. sugar
$\frac{3}{4}$ c. yellow cornmeal	2 eggs
1 t. salt	$1\frac{1}{4}$ c. milk
3 t. baking powder	4 T. melted fat

Sift dry ingredients together. Add the unbeaten egg and milk, and stir until lightly mixed. Stir in the melted fat. Pour the batter into greased shallow pans to a depth of about $\frac{3}{4}$ inch. Bake in hot oven (400° F.) for 20 to 30 minutes. If sour milk is used instead of sweet milk, add $\frac{1}{2}$ t. soda and reduce baking powder to 1 t. Yield: Six 4-inch squares.

WAFFLES

2 c. enriched flour	$1\frac{1}{2}$ c. milk
3 t. baking powder	2 eggs
6 T. melted fat	$\frac{3}{4}$ t. salt

Sift dry ingredients. Beat egg yolks. Add milk and melted fat. Combine liquid with dry ingredients and stir until well blended. Beat egg white stiff and add to batter. Bake on hot waffle iron. Approximate yield: 6 waffles.

SWEET MILK GRIDDLE CAKES (Pancakes)

2 c. enriched flour	1 T. sugar
3 t. baking powder	1 or 2 eggs, well-beaten
1 t. salt	1½ c. milk (scant)
	3 T. melted fat

Sift dry ingredients together. Beat egg, add milk and mix well. Stir in melted fat. Combine liquid with dry ingredients and stir quickly until the dry ingredients are well moistened. Bake by spoonful on hot griddle. When bubbles appear, turn cakes and let brown on other side. Turn cakes only once. Approximate yield: 2 dozen small cakes.

SOUR MILK GRIDDLE CAKES

Sour milk or buttermilk may be used in the above recipe instead of sweet milk. Use ½ t. soda for 2 t. baking powder.

CORNMEAL GRIDDLE CAKES

Good cornmeal cakes may be made by substituting cornmeal for one-third to one-half the flour given in the above recipes.

Sauces

SAUCES FOR VEGETABLE, MEAT, AND FISH DISHES

PROPORTIONS FOR WHITE SAUCES

Consistency	Flour	Fat	Milk	Seasoning	Use
Thin	1 T.	1 T.	1 c.	¼ t. salt	Soup
Medium	2 T.	2 T.	1 c.	¼ t. salt	Creamed vegetables
Thick (1)	3 T.	3 T.	1 c.	¼ t. salt	Souffles
Thick (2)	4 T.	4 T.	1 e.	¼ t. salt	Croquettes

Method — Melt fat in top of double boiler. Add flour and seasonings and stir until smooth paste is formed. Add milk and stir continuously until sauce is thickened. Approximate yield: 1 cup of sauce.

The amounts given in the table may be multiplied as often as necessary to attain a desired quantity. Half as much white sauce as food to be creamed is a good proportion to use.

HOLLANDAISE SAUCE

⅓ c. butter	Dash of cayenne
3 egg yolks, well beaten	1 T. lemon juice
¼ t. salt	⅓ c. boiling water

Melt butter in top of double boiler. Beat egg yolks slightly. Add melted butter and water and return to top of double boiler. Cook until thickened, stirring continuously. Remove double boiler from fire and lift the top of double boiler from the water. Gradually add lemon juice and seasonings and blend thoroughly. Avoid further cooking, as the sauce will curdle. Approximate yield: 1 cup sauce.

MOCK HOLLANDAISE SAUCE

1 c. hot medium white sauce	1 T. lemon juice or vinegar
2 egg yolks, beaten	2 T. butter

Add hot white sauce slowly to beaten egg yolks, stirring constantly. Cook one or two minutes. Add lemon juice, a few drops at a time, then add butter in small portions. Beat well and serve at once. Yield: $1\frac{1}{2}$ cups sauce.

CHEESE SAUCE

Prepare 1 cup medium white sauce in top of double boiler. Add from $\frac{1}{2}$ to 1 cup grated cheese. Heat only long enough to melt cheese. Serve at once. Approximate yield: $1\frac{1}{2}$ cups sauce.

TOMATO SAUCE

Substitute 1 cup tomato juice for milk in medium white sauce recipes.

CREOLE SAUCE

In this preparation of tomato sauce fry 1 tablespoon each of finely chopped onion and green pepper in butter before adding flour and tomato juice.

CUCUMBER WHIPPED CREAM SAUCE

$\frac{1}{2}$ c. cucumber	1 T. vinegar
$\frac{1}{2}$ c. whipping cream	$\frac{1}{4}$ t. salt

Chop cucumber and drain in cheesecloth bag. Whip cream. Add seasonings and vinegar and combine with cucumber. Approximate yield: $1\frac{1}{4}$ cups.

HORSERADISH SAUCE NO. 1

1 c. whipped cream	$\frac{1}{8}$ t. salt
$1\frac{1}{2}$ T. horseradish	$\frac{1}{2}$ T. vinegar

Blend all ingredients. Approximate yield: 1 cup.

HORSERADISH SAUCE NO. 2

Add 2 tablespoons horseradish to 1 cup of tart apple sauce.

MINT SAUCE

$\frac{1}{2}$ c. dilute vinegar	1 T. sugar
Or $\frac{1}{4}$ c. lemon juice and $\frac{1}{4}$ c. water	$\frac{1}{3}$ c. chopped mint leaves

Mix sugar and vinegar. Warm slightly, and pour over mint leaves. Allow to stand in warm place for a few minutes. Makes about $\frac{1}{2}$ cup.

CURRANT-MINT SAUCE

1 T. chopped mint leaves	1 T. grated orange rind
1 glass currant jelly	

Beat jelly with a fork to break it up. Add other ingredients. Approximate yield: 1 cup.

MUSHROOM SAUCE

Wash mushrooms.

Saute $\frac{1}{2}$ cup sliced mushrooms in 2 tablespoons butter, blend in 2 tablespoons flour and add 1 cup of milk, stirring constantly. Season and serve hot. Approximate yield: $1\frac{1}{2}$ cups.

RAISIN SAUCE

1 T. fat	$\frac{1}{3}$ c. seedless raisins
2 T. flour	2 T. sugar
1 c. water or broth	1 T. vinegar

Make sauce of fat, flour, and liquid. Add raisins, sugar, and vinegar. Cook 5 minutes, or until raisins are plump. Approximate yield: $1\frac{1}{2}$ cups.

TARTAR SAUCE

1 c. mayonnaise	1 t. onion juice
2 T. finely chopped pickles	1 T. finely chopped parsley
Or 1 T. each chopped pickles and olives	1 T. chopped green pepper, if desired

Combine ingredients just before serving. Yield: $1\frac{1}{4}$ cups sauce.

SPANISH SAUCE

2 T. fat	2 to 4 mushrooms (may be omitted)
2 T. flour	2 c. stewed or fresh tomatoes
1 T. onion	$\frac{1}{2}$ t. salt
1 T. shredded green pepper	f.g. pepper

Cook onion, green pepper, and sliced mushroom with the fat over low heat for 5 minutes. Add the tomatoes and salt; simmer until of desired thickness. Approximate yield: $1\frac{1}{2}$ cups.

SAUCES FOR DESSERTS

BUTTERSCOTCH SAUCE

1 egg yolk	4 T. water or milk
5 T. butter	$\frac{2}{3}$ c. brown sugar

$\frac{1}{3}$ c. corn sirup

Beat egg yolk slightly. Add remaining ingredients and cook over hot water, stirring frequently, until it forms a thick sirup. Beat thoroughly before using.

SUGAR SAVING SAUCE

1 egg	$\frac{1}{4}$ c. hot water
$\frac{1}{4}$ c. honey and $\frac{1}{4}$ c. sugar;	1 T. butter
or $\frac{1}{3}$ c. corn sirup and	$\frac{1}{2}$ lemon, juice and grated rind
$\frac{1}{3}$ c. sugar; or $\frac{1}{2}$ c. honey	

Beat egg, add other ingredients and cook mixture over hot water until thick, stirring constantly. Approximate yield: $1\frac{1}{2}$ cups sauce.

FOAMY SAUCE

$\frac{1}{2}$ c. butter
1 egg

1 c. powdered sugar
1 t. vanilla

Cream the butter. Add the powdered sugar gradually and continue creaming. Beat the egg and add it to fat-sugar mixture. Heat over hot water, beating continuously. Add the flavoring. Approximate yield: 1 cup.

CREAM SAUCE

$\frac{1}{4}$ c. butter
1 c. powdered sugar
 $\frac{1}{2}$ t. vanilla
 $\frac{1}{4}$ c. whipping cream

Cream butter, add sugar gradually, beat until light. Add flavoring, whipped cream. Yield: about 1 cup.

LEMON SAUCE

$\frac{1}{2}$ c. sugar
1 c. boiling water
1 T. cornstarch
2 T. butter
2 T. lemon juice
f.g. nutmeg
f.g. salt

Mix sugar and cornstarch, and add water gradually. Boil 2 to 3 minutes. Remove from fire, add lemon juice, nutmeg, and butter. Yield: 1 cup.

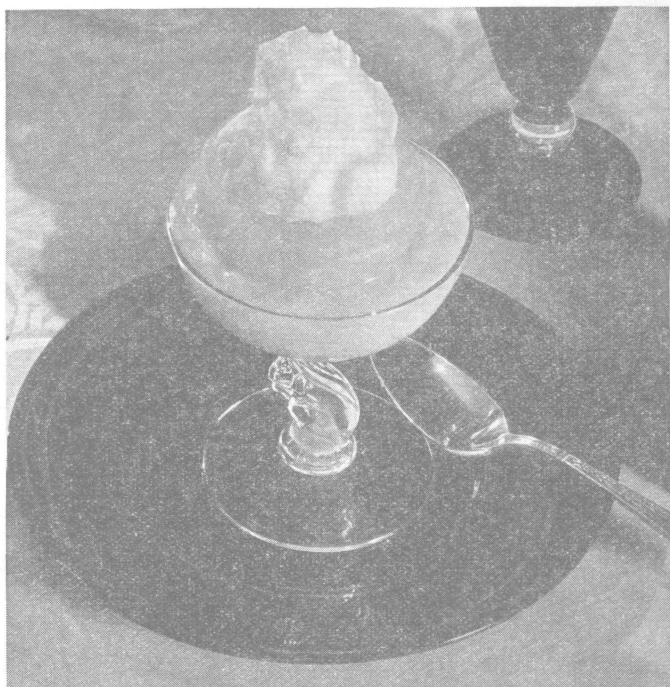


Fig. 6.—Dressing up the dessert with delicious and attractive sauces.

VANILLA SAUCE

Substitute 1 teaspoon vanilla extract for the lemon juice and nutmeg in the lemon sauce recipe given above.

HARD SAUCE

$\frac{1}{3}$ c. butter
1 c. powdered sugar

1 T. cream

$\frac{1}{2}$ t. vanilla
 $\frac{1}{8}$ t. grated nutmeg

Cream butter, add sugar, and continue creaming until very light. Add flavoring. Brown sugar may be substituted for powdered sugar and grated orange rind for vanilla and nutmeg. Approximate yield: $\frac{3}{4}$ cup sauce.

FRUIT SAUCE

$\frac{1}{3}$ c. butter
 $\frac{2}{3}$ c. fruit

$\frac{1}{2}$ to 1 c. sugar (depending on
tartness of fruit)
White of 1 egg

Cream butter, add sugar gradually, and beat until light. Beat egg white until stiff. Mix beaten egg white and crushed fruit with creamed mixture. Berries, peaches, or cherries may be used. Approximate yield: $1\frac{1}{4}$ cups.

CHOCOLATE SAUCE


2 squares unsweetened chocolate
1 c. sugar
1 T. butter
1 c. boiling water or scalded milk

2 T. flour
Or 1 T. cornstarch
 $\frac{1}{2}$ t. vanilla

Melt chocolate, add butter, and pour on water gradually. Bring to boiling point, then add mixed sugar and cornstarch. Let boil 5 minutes. Cool and add vanilla. Approximate yield: 1 cup sauce.



Soups

OUPS are of two general types: those with a milk or cream base and those with a meat stock base. For the purpose of improving the flavor of bland cream soups, meat stock is sometimes added to them. Soups may serve the purpose of stimulating appetite, or may constitute the main dish of the meal. Main dish soups are of the more hearty or nutritious types, such as cream soups, purees, and chowders. The high flavor of meat soups gives them more value as appetizers than the other types of soups.

SEASONING FOR SOUPS

Onion, parsley, and celery are the most common seasonings used. Celery tops may be dried and kept on hand for the purpose of seasoning. Bay leaf, thyme, pepper corns, and whole cloves are additional seasonings sometimes used.

NUTRITIOUS INGREDIENTS ADDED TO SOUPS

Cereals of various kinds add nutritive value to soups. Pearl barley, rice, macaroni, noodles, spaghetti, vermicelli, rolled oats, whole wheat, and tapioca are commonly used.

Vegetables add much to the food value of soups. They increase both the mineral and vitamin content of the soup. They may be added merely for flavor, in which case they are usually strained out along with the herbs and spices; or they may be added both to flavor soup and to increase its food value. If they are to be left in the soup, they are cut into small attractive forms or left whole if size permits (peas, tiny lima beans, or navy beans).

MEAT STOCKS

In making meat soups, the more used muscles such as leg or neck sections have the most flavor. Such cuts are also among the cheapest to buy. The more surface of meat exposed to the action of water, the more flavor will be extracted in the water. Lean meats ground through the food chopper or cut into small cubes permit extraction of more flavor than when cooked in one large piece. The cooking is started in cold water. Some bone and fat cooked with the lean meat improves the flavor of meat stock. Fat should be removed from the top of the soup after cooking, however, as thick layers of fat floating on top of soup are unpalatable for the majority of people. As much fat as desired may be returned when preparing the soup. Soup bones with little lean on them give soups of poor flavor: it is the lean of meat that gives most of the flavor.



Beef is the most commonly used meat for soup stock. Veal has too little flavor to be used alone, but may be combined with other meats. Lamb or mutton gives excellent broth, but should be used only when lamb or mutton flavor is desired. Bones and meat from poultry also make desirable additions to the soup kettle.

The soup kettle is one place for using many leftover bits of vegetable, cereal, and meat. Raw materials yield the most flavor, however, and of course only good materials should be used.

Meat broth need not be clarified if it is to be used in a filling or nutritious soup. Meat soups which are to be used as appetizers are usually clarified.

TO CLARIFY STOCK

1 quart cold broth

1 egg white and shell

Remove hard layer of fat from cold soup stock. Wash the egg before breaking. Add the egg white, beaten slightly, and the crushed shell to the soup stock. Bring broth to boiling point and boil for about 10 minutes. Strain broth through several thicknesses of cheesecloth placed in a wire strainer or colander.

BROWN SOUP STOCK

4 lbs. meat and bone

6 cloves

3 quarts cold water

10 pepper corns

1 large onion, sliced

1 bay leaf

$\frac{1}{2}$ c. carrots, sliced or diced

1 sprig parsley

$\frac{1}{2}$ c. turnip, sliced or diced

1 or 2 stalks celery

1 T. salt

After cutting meat into small pieces, soak two-thirds of meat and all of the bones in cold water for $\frac{1}{2}$ to 1 hour. Brown the remaining meat in fat from

meat or marrow from bones. Add a small amount of water to pan to dissolve brown material from pan. Add all to soup kettle when ready to start heating the liquid. Heat to boiling point, then regulate fire so the water simmers, and continue cooking for 3 to 4 hours. About an hour before the cooking is finished add vegetables and seasonings. Strain and chill the broth. Remove fat layer and clarify. (See directions above for clarifying.) Approximate yield: 2 quarts of stock.

WHITE SOUP STOCK

Proceed as for brown stock except that no meat is browned. All of the meat is soaked in cold water preliminary to heating.

VARIATIONS AND GARNISHES FOR MEAT SOUPS

1. *Vegetable Soup*. — Add from 1 pint to 1 quart of mixed chopped, diced, or small whole vegetables to recipe for brown or white meat broth. This broth may be clarified or not, as desired. Cook until vegetables are tender.

2. *Vegetable Soup with Cereal*. — From $\frac{1}{2}$ to 1 cup of some cereal may be substituted for part of the vegetables suggested in Variation 1.

3. *Tomato Bouillon*. — Combine meat broth with an equal volume of tomato juice or tomato cocktail. (Tomato cocktail is tomato juice which has been cooked with seasonings similar to those used for seasoning meat soups.)

A tablespoon of whipped cream may be used as a garnish for tomato bouillon when the soup is ready to go to the table. Sprinkle cream lightly with paprika or $\frac{1}{8}$ t. very finely chopped parsley.

4. *Broth with Egg Balls*. — Add about three tiny egg balls to one serving of meat broth when ready to go to the table.

Egg Balls. — Mash yolks of hard cooked eggs. Add seasonings and enough raw egg white to bind yolk together. Shape into balls no larger than $\frac{1}{2}$ inch in diameter. Roll balls in flour and brown in butter.

5. *Broth with Macaroni*. — Cook $\frac{1}{4}$ cup small macaroni forms in 1 quart broth until tender. In serving add some macaroni to each cup of soup.

6. *Noodle Soup*. — Bring 1 quart of broth to the boiling point. Add $\frac{1}{2}$ cup egg noodles and cook until tender. For Noodle recipe see page 71.

7. *French Onion Soup*. — Brown 1 cup chopped onion in 2 to 4 tablespoons butter or bacon fat. Add to 1 quart of hot broth. Simmer for about 20 minutes. Serve with croutons or toasted cheese crackers.

8. *Bean Soup*. — Soak $\frac{1}{2}$ cup navy beans in cold water overnight. Cook until tender in 1 quart of meat broth. Slice one onion, brown in bacon fat, and add to the soup just before serving.

New dishes beget new appetites.—*Benjamin Franklin*.

CREAM SOUPS

CREAM OF VEGETABLE SOUP

2 c. vegetable pulp and liquid
Salt and pepper

3 to 4 c. thin white sauce,
page 31.

Dice or slice vegetables and cook until soft in just enough boiling water to cover, using $\frac{1}{2}$ t. salt to 1 qt. water. Put vegetables through sieve, if desired. Add vegetable pulp to white sauce, heat thoroughly and season to taste. Approximate yield: 6 servings, $\frac{3}{4}$ cup each.

CREAM OF TOMATO SOUP

2 c. canned or stewed tomatoes
1 slice onion, minced

4 c. thin white sauce
Salt

Cook tomatoes with the onion and salt about 5 minutes. Put through sieve, add hot strained tomato slowly to white sauce. Season to taste and serve at once. Approximate yield: 6 servings, $\frac{3}{4}$ cup each.

CREAM OF CHICKEN SOUP

Use recipe for Cream of Vegetable Soup—Substitute 1 to $1\frac{1}{2}$ cups minced chicken for vegetable pulp and 1 to 2 c. chicken stock for an equal amount of milk in thin white sauce. Approximate yield: 6 servings, $\frac{3}{4}$ cup each.



Fig. 7.—Nourishing soups for children's lunch.

CORN BISQUE

4 T. butter	1 1/2 c. canned corn
3 T. flour	1 1/2 c. canned tomatoes
1 t. salt	4 cloves (if desired)
1/4 t. pepper	1/2 bay leaf (if desired)
3 c. milk	1/2 T. sugar

Melt butter in double boiler. Add flour and seasonings and stir until smooth paste is formed. Gradually add milk, stirring constantly until sauce is thickened, then add corn; cover, and cook for 10 minutes. Cook remaining ingredients together for 5 or 10 minutes. Strain, reheat, and add to milk mixture. Serve at once. Approximate yield: 6 servings, 3/4 cup each.

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CHOWDERS

When served as a main dish, chowders should be fairly thick with vegetables or vegetables and fish. When served as a soup course for dinner, they should be thinner. As originally made, the chowder, while called a soup, was more like a stew. Only a few typical recipes are suggested.

VEGETABLE CHOWDER

2 medium-sized potatoes	1 T. salt
2 medium-sized onions	1/8 t. pepper
2 medium-sized carrots	1/8 t. celery salt
2 medium-sized tomatoes	3 slices salt pork or bacon, diced
1 stalk celery	2 qts. boiling water
1 sprig parsley	4 soda crackers rolled

Wash and prepare all the vegetables and dice them. Add boiling water and seasonings to vegetables and cook slowly until all vegetables are tender. Cook bacon or salt pork until crisp. Add pork and fat to vegetables, then add rolled crackers and simmer five or ten minutes longer. Makes approximately 8 servings, 1 cup each.

POTATO CHOWDER

5 medium potatoes, diced	2 T. butter or drippings
2 c. diced carrots	2 c. milk
2 small onions	2 t. salt
2 c. canned tomatoes	

Add enough water to cover potatoes and carrots, and cook 20 minutes, or until tender. Do not drain off the water. Brown the chopped onion in the fat. Add the onion, potato, and chopped carrots to the tomatoes. Add salt and milk, and heat to boiling. Makes about 8 servings, 1 cup each.

BEAN CHOWDER

2 c. soaked lima or navy beans	1 c. diced celery
1 qt. boiling water	4 to 6 T. fat
1 qt. canned tomato	Salt
2 sliced onions	Pepper

Cook beans in water until partially tender; add seasonings, fat, celery, onion, and tomato, and cook until vegetables are tender. Makes approximately 8 servings, 1 cup each.

CORN CHOWDER

2 c. cooked green corn or canned corn	4 c. scalded milk
2 c. potato cubes	1 onion
4 slices bacon	4 T. butter
2 c. water	1 t. salt
	$\frac{1}{8}$ t. pepper

Chop onion and bacon, add potatoes, salt, and pepper, and butter, and cook in water until the potatoes are soft, adding more water if needed. Add corn, and 2 cups milk, then reheat to boiling point. Add remaining milk, heat, and serve. Makes about 8 servings, 1 cup each.

Meats

IN MEAT COOKERY, it is fundamental to know the nature of the cut to be cooked and the proper method to use in cooking it. General methods for meat cookery are dry heat and moist heat methods.

Dry heat should be used only on the most tender cuts, since dry heat methods have no effect in making meats tender. Dry heat methods of cooking meats are: broiling, pan broiling, and roasting. Cuts which are only moderately tender may have dry heat methods applied for part of the time if the flavor due to browning is desired, but they must be subjected to moist heat for the remainder of the time in order to make the meat tender.

All moist heat may be applied to any of the less tender cuts. Moist heat methods are: braising, stewing (sometimes called boiling, although simmering rather

CUTS OF MEAT ACCORDING TO TENDERNESS

Meat	Tender	Medium tender	Less tender
Beef	Tenderloin Sirloin Porterhouse Ribs	Round Rump Chuck	Plate Flank Neck Shank Butt end of round
Pork	Tenderloin Fresh hams Loin chops and roasts Ribs	Shoulder Spare ribs Head	Shank
Veal	Loin Leg Ribs	Breast Shoulder	Neck Shank
Lamb or mutton	Loin Leg Ribs	Breast Shoulder	Neck Shank

than boiling temperature is used), and cooking in water. Braising is a combination of dry and moist heat, and is used when the flavor obtained from browning is desired but when moist heat is required for making the meat tender.

High temperature, whether with dry or moist heat, toughens meat. High temperatures also are one cause of excessive shrinkage of meats during cooking.

The roast-meat thermometer is the latest addition to the list of thermometers which have proved their usefulness in the household.

With a meat thermometer, there is no guesswork about the roast being done to a turn. There are several types of thermometers on the market but they are all used in the same way. The thermometer is inserted into the roast, before putting it in the oven, so that the bulb of the thermometer reaches the center of the largest muscle. Care should be taken that the thermometer does not touch bone or fat. When the thermometer registers the internal temperature which indicates the degree of doneness desired for the particular kind of meat, the roast is removed from the oven.

If a roast is not cut immediately upon its removal from the oven it will continue to cook for 30 to 45 minutes, and the temperature will rise 15 to 20 degrees.

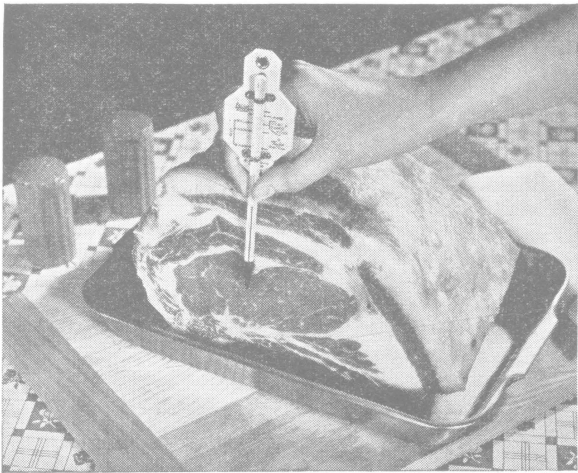


Fig. 8.—Measure distance to center of the largest muscle in order to know how far to insert the thermometer into the roast.

Meat may be cooked rare, medium, or well done, according to personal preference. Overcooking of any meat should be avoided, because overcooking means loss of flavor and in number of servings. Pork needs to be cooked to the well-done stage in order to develop its fine flavor to the fullest extent.

The correct temperature at which the roast should be removed from the oven depends on the kind of meat, thickness of the cut, and the

desired degree of doneness. This information is given for each kind of meat in the following recipes.

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APPROXIMATE AMOUNT OF MEAT AND POULTRY TO ALLOW PER PERSON

MEATS

Chops	1 to 2, according to size
Roasts and Loin Steaks	$\frac{1}{4}$ to $\frac{1}{2}$ lb.
Round Steak	$\frac{1}{4}$ to $\frac{1}{3}$ lb.
Ground Meat	$\frac{1}{4}$ lb.

POULTRY

Chicken (dressed):	
Stewing (4 to 5 lbs.)	$\frac{1}{2}$ lb.
Roasting (3 to 5 lbs.)	$\frac{3}{4}$ lb.
Frying ($2\frac{1}{2}$ to $3\frac{1}{2}$ lbs.)	$\frac{3}{4}$ lb.

BEEF

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ROAST BEEF

Select a tender cut of beef. Wipe meat with damp cloth and remove any undesirable portions. Season roast with salt and pepper. If the shape of the roast permits, place it on the rack so that the fat layer is on top. As the fat melts it will baste the roast. Do not add water and do not cover. Place roaster in slow oven (300° F.) and roast to rare, medium, or well-done stage, as desired. The roast may be basted with drippings occasionally while roasting.

A given number of minutes per pound is not as accurate a method as cooking to a given temperature. However, if a thermometer is not available, these approximate periods for roasting may be used:

Rare	18 to 20 minutes per pound
Medium	22 to 25 minutes per pound
Well done	27 to 30 minutes per pound

Thermometer readings are 140° F. for rare; 160° F. for medium, and 170° F. for well done.

ROAST MEAT SERVED WITH DRESSING

Any kind of meat, fowl, or fish may be roasted and served with dressing. The dressing may be baked in a separate pan, baked beside the meat in the same roasting pan, arranged in alternate layers with the meat, or stuffed into a pocket or opening in the meat.

Plain Bread with Stuffing with Variations:

4 c. soft bread crumbs or cubes	1 t. salt
$\frac{1}{4}$ to $\frac{1}{2}$ c. melted fat	$\frac{1}{4}$ t. pepper (if desired)

If dried bread crumbs or crackers are used, some milk or other liquid, such as meat broth or tomato juice, must be added to furnish moisture.

Special seasoning may be added for variety as suggested below:

Sage Stuffing: Add 2 teaspoons crushed sage leaves or 1 teaspoon powdered sage.

Onion Stuffing: Add 1 tablespoon minced onion.

Celery Stuffing: Add 1 cup of finely chopped celery to onion or bread stuffing.

Apple Stuffing: Use the larger amount of fat in bread stuffing. Add 1 cup of chopped sour apples (or 2 medium apples). Bacon fat or sausage fat combines well with the apple flavor.

Sausage Stuffing: Use 1½ cups of bulk sausage which has been heated and slightly browned instead of the half cup of melted fat. Three to four dozen chestnuts may be added.

Raisin Stuffing: Use the larger proportion of fat in bread stuffing. Add 1 cup raisins. If desired, ½ cup of chopped nuts may be added.

Oyster Stuffing: Add ½ pint oysters, 1 tablespoon chopped onions, and ½ cup finely cut celery.

Mushroom Stuffing: Add ¾ cup chopped mushrooms to onion or celery stuffing.

BROILED STEAKS

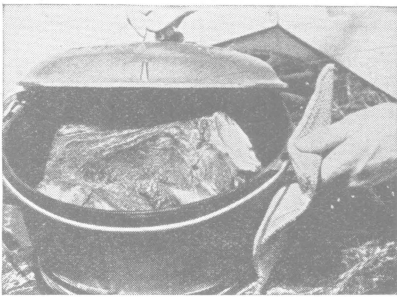
Select a tender steak cut at least 1 inch thick. Pre-heat broiler. A few minutes before using, place broiler pan about 3 inches from source of heat. Wipe meat with damp cloth and remove any undesirable portions. Grease rack with suet on a fork to prevent meat sticking to rack. Place meat on rack and cook at moderate temperature for about half the required cooking time; salt, turn, and finish cooking. When turning meat, place fork in outer edges of meat to avoid loss of juices. Steaks cut 1 inch thick require 20 to 25 minutes for broiling. To test for doneness pull fibers of thick section apart, using two forks, and the color of the juice will show the interior color.

PAN BROILED STEAKS

Select a tender cut of meat. Heat a heavy iron skillet until sizzling hot. Using a piece of suet on a fork, grease surface of pan. Place the steak in the hot pan and sear for about 3 minutes on each side. Do not cover and do not add water. Cook for about 10 to 13 minutes for medium-done stage. Turn frequently. Definite times for pan broiling cannot be given. To test for doneness, cut a small gash close to bone and note the color of the meat.

POT ROAST

Select one of the medium tender cuts. Wipe the meat with a damp cloth. Dredge the meat with flour and brown thoroughly on all sides in hot fat in heavy kettle or dutch oven, and season with salt and pepper. Slip a rack under the meat, as this keeps it from becoming too brown and hard on the bottom. Add a small amount of water. There should be one-half inch of liquid in the pot. Cover tightly, reduce temperature and simmer until tender, 2 or 3 hours. Add water as it is needed.



Cover a pot roast and cook it slowly.

Serve with brown gravy and vegetables. A 4-pound roast makes 8 portions.

Variations: (1) Tomato or tomato juice may be used in place of water.

(2) Onion may be chopped and sautéd in fat before the meat is browned.

(3) Vegetables such as potatoes, onions, and carrots may be added 45 minutes to 1 hour before serving.

STUFFED FLANK STEAK

3 c. bread crumbs
1 t. butter
2 t. water

1 t. chopped onion
Salt and pepper
2 lbs. flank steak

Make stuffing of bread crumbs and seasonings. Spread the stuffing on the steak, then roll as a jelly roll. When carved in slices, the meat will be cut across the grain if rolled from the side instead of the end. Tie with cord or fasten with toothpicks. Place in a moderate oven (350° F.) for about 1½ hours. Makes 6 to 8 servings.

SWISS STEAK

Round steak is commonly used for Swiss steak and is cut 1 to 1½ inches in thickness. A slice from the shoulder or rump may be used. Pound flour into the steak on both sides. Dice fat trimmings of suet and fry out in skillet. Brown the meat well on both sides in hot meat fat. Season with salt and pepper, add ½ green pepper and 1 onion, chopped, and about 1 cup of water or tomato juice. Bay leaf may be added for variety. Cover pan, reduce heat, and cook slowly for 1½ to 2 hours or until tender. Serve with thickened gravy.

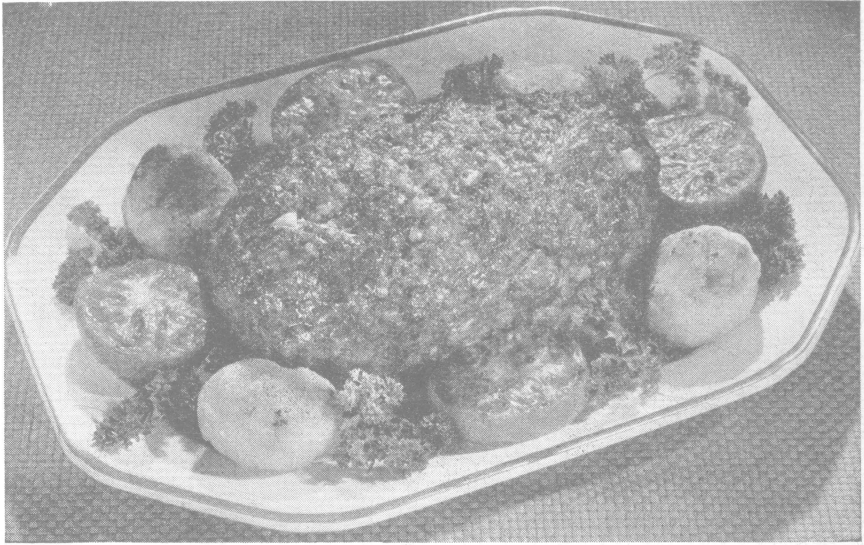


Fig. 9.—Swiss steak garnished with vegetables.

MEAT LOAF

1½ lbs. ground beef
¼ lb. pork
1 t. salt
¼ c. bread or cracker crumbs

2 t. minced onion or green pepper
2 eggs (slightly beaten)
Milk (about ½ cup)

Mix ingredients thoroughly, adding milk until the mixture is of the consistency of a drop batter. Pour into a greased pan. Bake in a moderate oven (350° F.) about 45 minutes to 1 hour. Makes approximately 8 servings.

MEAT PIE

Cooked or canned meat cubed

Drop biscuit dough (p. 28)

Stock or gravy

Place meat, moistened with hot gravy or stock, in a baking dish. Drop the batter by spoonfuls over the top. Put into hot oven and bake until brown (20 to 30 minutes).

BEEF CASSEROLE

2 lbs. beef (neck or shank)	2 turnips (cut in small pieces)
2 c. diced carrots	2 onions, medium size
2 c. tomato	2 green peppers, if desired
3 c. diced potatoes	Salt and pepper

Sear the beef well, add seasonings, cover with hot water, and place in a hot casserole. Cover tightly and bake the meat slowly for about 3 hours in an oven (300° F.) or in a fireless cooker. Add the vegetables and the seasonings and cook for 30 minutes. Veal, pork, or mutton may be used in place of beef. Makes 8 to 10 servings.

MEAT STEW

Cut meat into 1½- or 2-inch cubes. Brown the meat, add water to cover, and seasonings; simmer for about 2 hours or until tender. Add vegetables, allowing different time periods for cooking if necessary. Whole small onions, whole or half carrots, and whole small potatoes give stews a more attractive appearance than when vegetables are diced or sliced, because small pieces tend to lose their form in cooking unless great care is used to avoid over-cooking. When meat and vegetables are tender, thicken the gravy, allowing 1 to 1½ teaspoons flour per cup of broth.

STEW WITH DUMPLINGS

1 lb. flank, rump, or plate	1 c. peas
3 c. potatoes cut in cubes	¼ c. flour
½ small onion cut in slices	½ t. salt
1 c. carrots	¼ t. pepper

Wipe meat, cut into 1½-inch cubes, and dredge with seasoned flour. Sear the meat until well browned; add water and cover; simmer until meat is tender (about 2 hours). Add the vegetables the last half hour of cooking. Add dumplings about 15 minutes before removing stew from fire. The dumplings may be omitted if desired. Makes 8 to 10 servings.

Dumplings:

2 c. flour	4 t. baking powder
½ t. salt	About 1 scant cup milk

Mix and sift dry ingredients and add the milk slowly, mixing with a fork until a soft dough is formed. Drop into boiling stew by the spoonful, dipping the spoon into the stew each time before taking up the dough. Let the dumplings rest on the meat and potato. Cover closely and cook without uncovering for about 15 minutes.

STEAMED RICE AND MEAT

Line a greased pan or casserole with steamed rice. Mix 2 cups finely chopped cooked meat, ¼ cup cracker crumbs, one egg slightly beaten, and enough stock or milk to moisten. Fill rice-lined pan with mixture, cover meat with rice and steam about 30 minutes. Turn out on a platter and serve with tomato sauce.

MEAT WITH DRESSING

1 qt. canned meat *or*
3 c. cooked meat

Dressing

1 qt. dry bread cubes
 $\frac{1}{4}$ c. diced onions
 $\frac{1}{4}$ t. ground sage or other
seasoning if desired
 $\frac{1}{4}$ c. fat (from meat)

Gravy

2 c. liquid (juice from meat
with water added if necessary)
 $\frac{1}{4}$ c. fat from meat if possible
4 T. flour
Salt and pepper to taste

Arrange chunks or pieces of meat in bottom of baking pan.

Make dressing of bread cubes (1 inch best size), onion, fat and seasoning. Brown onions in fat—then combine with other ingredients. Avoid too much mixing or too small bread cubes as that may make soggy dressing.

Make gravy of ingredients listed and pour evenly over top of dressing.

Bake in a moderate oven until meat is thoroughly heated.

Cut in squares, garnish if desired and serve hot. Makes approximately 12 servings.

CROQUETTES

2 c. ground cooked meat (beef, ham, veal, lamb, chicken, or fish)
seasoned with salt, pepper, chopped parsley, onion, and celery
1 c. brown sauce or thick white sauce

Make brown sauce with 4 T. flour, 4 T. fat, and 1 c. meat broth. Meat fat may be used and brown liquor from cooking pot roasts. If white sauce is preferred use butter for fat, and milk or white stock for liquid. Mix sauce with meat, to which seasonings have been added. Cool mixture and shape into croquettes. Dip in crumbs, then in slightly beaten egg to which 1 T. milk or water has been added, then again in crumbs. Fry in deep fat (375° to 390° F.) until brown. Approximate yield: 8 croquettes.

HASH

To chopped meat add an equal amount of raw potatoes which have been cut fine. Season with salt, pepper, and onion if desired, moisten with stock or water, and cook until potatoes are done. Cooked potatoes may be used, but the flavor is better when raw potatoes are used. May be baked in oven or cooked on top of stove.

CREAMED DRIED BEEF

$\frac{1}{4}$ lb. dried beef
6 T. butter or drippings

6 T. flour
3 c. milk

The beef should be cut very thin. Tear it into small pieces. If too salty, it can be washed off with water. Melt the butter, brown the dried beef, stir in the 6 T. flour carefully, add the milk, and stir until sauce is smooth. Cook for about 5 minutes. Serve on toast, cornbread or on baked or boiled potatoes. May be varied by adding hard cooked eggs or mushrooms. Makes 6 to 8 servings.

VEAL

ROAST VEAL AND CRANBERRY RELISH

Veal rump roast	2 cups raw cranberries
Bacon slices	1 orange
Salt and pepper	1 lemon
1 cup sugar	

Place veal roast on rack in an open roasting pan, season with salt and pepper, and lay slices of bacon over the top. Insert a meat thermometer so that the bulb reaches the center of the largest part. Do not cover and do not add water. Put in a slow oven (300° F.) and roast until done. Veal will be done when the thermometer registers 170° F. Allow about 30 minutes per pound for roasting.

Grind raw cranberries, orange, and lemon together, and sweeten with sugar. Chill and serve with veal roast.

BREADED VEAL

Chops (rib or loin) or veal cutlet (round of veal) may be breaded. Cut meat into individual servings. Beat an egg, add 1 to 2 T. milk. Dip pieces of meat in fine dried bread crumbs, then in egg mixture, then in crumbs again. Brown in fat, using part butter or bacon fat for flavor. Add a few spoonfuls of water; cover and cook slowly until tender. Uncover and allow moisture to evaporate. (Thirty minutes to an hour is usually required.)

VEAL BIRDS

2 slices veal round	6 slices bacon
½ lb. ground fresh pork	1 small onion, minced
1 ½ cups bread crumbs	1 cup rich milk

Have veal round cut into slices ¼ to ½ inch thick. Cut into pieces for individual servings. Chop bacon and brown this, together with the fresh ground pork, combine with bread crumbs, and season with onion, salt, and pepper. Place a spoonful on each piece of veal, roll, and fasten with toothpicks. Brown in hot lard. Add rich milk and cook in a slow oven (300° F.) until done, about an hour. Approximate yield: 8 servings.

JELLIED VEAL

Cook 2 pounds veal shoulder in water until tender. Add to cooking water two or three whole cloves, one-half bay leaf, one-half medium onion, salt, and pepper. When meat is tender remove from water and put through food chopper or cut fine. Evaporate cooking water until reduced to an amount needed for moistening meat. Strain out spices and mix liquor with meat. Line a loaf pan with waxed paper. Pour mixture into pan, chill, cover with waxed paper, and allow to stand in refrigerator until jellied. A small amount of gelatin (about ½ T. per pint of liquor) may be added to hot broth before combining with ground meat to insure a firm jellied loaf. Yield: 8 to 10 servings.

PORK

ROAST PORK

Pork loin, shoulder, or fresh ham Salt and pepper

Place the roast fat side up on a rack in an open roasting pan. The loin should be placed rib side down, so that the bone ends are down in order to prevent their charring. Season meat with salt and pepper. Make an incision and insert a roast-meat thermometer so that the bulb reaches the center of the thickest part, being sure that it does not rest on either fat or bone. Place in a moderate oven (350° F.) and roast until done without adding water and without covering. When the roast-meat thermometer registers 185° F., the roast will be done. This requires 30 to 35 minutes per pound. Sweet potatoes and apples baked with the roast make a nice accompaniment.

BAKED STUFFED CHOPS

Have the chops cut 1 to 1½ inches thick. Cut pocket in each one, and stuff each chop with bread stuffing. Brown in fat. Arrange in baking dish, add a small amount of water, cover, and bake until meat is tender. When the meat is partly done, thick slices of apple and a little brown sugar may be placed on each chop; or the baked chops may be served with raisin sauce (p. 33), broiled pineapple, peaches, pears, (p. 50), or cinnamon apples (p. 91), or Spanish Sauce (p. 33).

PORK AND SWEET POTATO PIE

2 c. diced cooked pork	2 c. mashed cooked sweet potatoes
1 c. sliced tart apples	Seasoning
1 c. cooked peas	2 T. fat
2 c. gravy or brown sauce	Cinnamon

Place pork in a greased 2-quart casserole. Season. Add apples and peas. Add hot gravy or sauce. Top with seasoned sweet potatoes. Dot with butter or margarine, sprinkle with cinnamon. Bake in a moderate oven (350°F.) about 45 minutes to 1 hour or until lightly browned. Makes approximately 6 servings.

PORK AND VEGETABLE CASSEROLE

2 lbs. pork shoulder, boned and diced	3 turnips
Flour	2 cups tomatoes
Lard	1 green pepper
3 medium-sized potatoes	Salt and pepper

Have pork shoulder boned and cut into 1-inch cubes; dredge in flour, and brown in hot lard. Place alternate layers of meat and vegetables in a casserole dish; pour tomatoes over all; season, and cook in a moderate oven (350°F.) until meat and vegetables are done, about 1½ to 2 hours. Makes 8 to 10 servings.

SAUSAGE

SAUSAGE AND FRIED APPLES

Fry sausage until brown and crisp, and keep hot. Put about 4 tablespoons of sausage fat in a skillet. Meanwhile slice up tart, firm apples, leaving the skins on. Fill the skillet with the apples, sprinkle generously with sugar, cover, and cook slowly until the apples are tender. Then remove the cover, turn the apples gently so the pieces will hold their shape, and let them brown and continue to cook slowly until they become almost transparent. Serve the fried apples on a hot platter with the sausage.

BAKED APPLES STUFFED WITH SAUSAGE

1 lb. pork sausage 6 cooking apples 2 T. sugar

Pare the apples and remove the centers. Stuff with partially cooked pork sausage. Place in a baking dish. Sprinkle with sugar. Add 1 cup water, cover, and bake in a moderate oven (350° F.) until apples are tender. Yield: 6 servings.

SCALLOPED SAUSAGE WITH POTATOES AND ONIONS

6 uncooked potatoes	1 t. salt
1 ½ cups canned pork sausage meat	⅛ t. pepper
1 cup thinly sliced onions	2 cups milk

Slice potatoes very thin. Arrange alternate layers of sausage, onion, and potatoes in buttered casserole. Season. Cover with milk. Bake (375° F.) for 1 ¼ hours. Makes approximately 8 servings.

SAUSAGE, CABBAGE, AND APPLES EN CASSEROLE

Make the sausage into flat cakes and fry until crisp on both sides. Put a layer of shredded raw cabbage into a lightly greased baking dish, and add a layer of sliced apples, another of cabbage, and so on. Salt each layer as it is put on, and have apples as the top layer. Lay the cakes of fried sausage over the top. Wash out the sausage pan with 1 tablespoon of vinegar and pour over the contents of the baking dish. Cover and cook until the cabbage and apples are tender. Serve from the dish in which cooked.

STUFFED SAUSAGE ROLL

2 lbs. bulk sausage	2 small onions diced
2 c. diced raw apples	2 c. bread crumbs

Pat the sausage on waxed paper into a flat rectangular shape about ½ inch thick. Mix the apples, onions and breadcrumbs and spread the mixture over the meat. Roll like a jelly roll. Place in a baking dish and bake in moderate oven 350°F. until done, about forty-five minutes. Makes 8 to 10 servings.

HAM

BAKED HAM

Cover the ham with hot water and simmer gently until tender. Let ham cool in its own liquor. When cool, skin ham, rub with brown sugar, and stick with cloves. Roast in slow oven (300° F.) until brown. Allow 25 to 30 minutes to a pound or an internal temperature of 170° F.

Serve with one of the following baked fruits:

Baked Peaches. — Drain halves of canned peaches from sirup and lay hollow side down about $\frac{1}{4}$ inch apart, in a baking pan. Sprinkle lightly with brown sugar, dot with butter, add a drop or two of lemon juice to each, and bake in a hot oven until brown. Also may fill hollow with mincemeat and bake right side up.

Baked Ginger Pears. — Wipe, halve, and core pears. Place fruit in baking dish and sprinkle with chopped candied ginger or cinnamon, and sugar. Add water to prevent pears from burning. Cover and bake $1\frac{1}{2}$ hours in a very slow oven (250°). (Also see p. 100.)

Broiled Fruit. — Apples may be sliced without removing the skin, fried in bacon fat, and sweetened with brown sugar.

Sliced pineapple or sliced oranges may be broiled by draining, dipping in brown sugar, and frying in butter until brown.

Any of the above fruits are attractive and delicious served with fresh or cured ham or chicken.

BAKED HAM IN MILK

Put slice of ham 1 or 2 inches thick in covered baking dish. Cover with milk and bake in a moderate oven until done (about 45 minutes). Remove cover the last 10 minutes so as to brown the meat. The ham may be baked with a little brown sugar sprinkled over the top without adding any liquid. To keep the milk from curdling, 2 T. flour and 1 t. dry mustard may be rubbed over the ham.

BAKED HAM AND SCALLOPED POTATOES

2 T. butter	2 c. milk
$\frac{1}{3}$ c. flour	4 c. raw potatoes $\frac{3}{8}$ inch thick
2 t. salt	1 slice of ham, 1 inch thick

Blend the butter, flour, salt, and milk as for white sauce; cook. Arrange the potatoes in an oiled baking dish, pour over the white sauce, which should be a little thinner than medium. Lay the ham, which has the rind and some of the fat removed, on top. The food should not come to within more than 1 inch of top of dish in order to avoid cooking over in the oven. Cover and bake in a moderately slow oven for 1 hour. A hot oven causes the milk to have a curdled appearance. Makes approximately 6 servings.

Variations: $\frac{1}{2}$ lb. of sliced bacon which is delicately browned can be used in the center and on top of this dish instead of the ham. Stuffed pork sausages or tenderloin, browned slightly, or leftover chops or roast meat also can be utilized.

HAM LOAF (Hot)

1½ pounds ground smoked ham	½ t. salt
1½ pounds ground fresh pork (lean)	½ T. onion juice
1 c. bread or cracker crumbs	Milk or tomato juice to moisten
2 eggs beaten slightly	

Mix well, shape into loaf and bake in moderate oven (375°) for 2 to 2½ hours. Yield: 12 to 15 servings.

JELLIED HAM OR CHICKEN

2 T. granulated gelatin	3 T. vinegar
¼ c. cold water	½ t. salt
2 c. boiling chicken or ham broth	½ c. pickle chopped fine
2 c. chicken or ham cut in small pieces	1 green pepper chopped fine
1 c. celery, chopped fine	1 t. onion chopped fine

Soak gelatin in cold water; dissolve in boiling broth; chill, then combine remaining ingredients except meat. When gelatin mixture is slightly thickened, fold in the meat. Turn into loaf pan and chill until firm. Unmold. Serve in slices or serve as salad with mayonnaise. Yield: 10 to 12 servings.

HAM OR CHICKEN TIMBALES

2 c. minced ham or chicken	½ T. chopped parsley
½ c. stale bread crumbs	4 eggs
1⅓ c. milk	Salt
4 T. butter	

Beat eggs slightly, add milk, then all other ingredients. Mix together and turn into either well greased individual molds or one large baking dish or ring mold. Set molds in a pan of hot water and cook in a moderate oven until the mixture is firm in the center. Serve chicken with giblet gravy, ham with ham gravy or raisin sauce (p. 33). Yield: 8 to 10 servings.

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LAMB

ROAST LEG OF LAMB

Sprinkle the leg of lamb with salt and pepper, and place skin side down and cut surface up on a rack in an open roasting pan. Do not have the thin paper-like covering known as the "fell" removed from the leg of lamb. Insert a meat thermometer so that the bulb reaches the center of the fleshiest part of the muscle. Place in a slow oven, 300° F., and roast until done. When meat thermometer is used it should register 175° for medium lamb and 180° for well done.

If no meat thermometer is available, allow about 35 minutes per pound for roasting a leg of lamb.

PAN BROILED CHOPS

Heat heavy metal skillet until it is sizzling hot, using a piece of suet on a fork, grease surface of skillet to keep chop from sticking. Place chops in hot skillet, cook first on one side, then on the other, until the desired stage of doneness is reached. When done, remove to a hot platter and season with salt and pepper.

LAMB SHOULDER ROLL (with Barbecue Sauce)

Lamb shoulder, boned and rolled 1 cup water Salt and pepper

Have the shoulder boned and rolled at market. Season with salt and pepper. Lay, fat side up, on a rack in an open roasting pan. Insert a meat thermometer so that the bulb reaches the center. Do not cover and do not add water. Roast in a slow oven (300° F.) until done; remove to a hot platter and keep it warm. (Lamb will be medium when the thermometer registers 170° or well done at 180°. Allow 40 to 45 minutes per pound for roasting a boned lamb roast.)

Barbecue Sauce:

½ c. tomato ketchup 1 onion, cut fine 1 cup chopped celery

Mix these ingredients and serve with lamb.

BROILED LAMB PATTIES

1½ lb. ground lamb 1 t. salt
2 T. grated onion Pepper

Mix lamb thoroughly with seasonings and shape into thin patties. Place in a hot skillet and pan broil. Allow about 15 minutes to broil the patties. Serve while hot. These may be served plain or on slices of broiled pineapple or peaches. Makes 6 to 8 patties.

LAMB STEW

2 lbs. lamb 2 c. tomatoes
2 t. lard 1 green pepper chopped
½ c. sliced onion 2 T. flour
1 qt. water Salt and pepper
3 c. potatoes, cubed

Breast, shoulder, or flank are all good for lamb stew. Wipe the meat with a damp cloth, cut into small pieces and roll in seasoned flour. Brown the onion and meat in the fat, add the water, and let simmer in a covered kettle for about an hour; add more water if necessary. Add the potato, tomato, green pepper, and cook 15 to 20 minutes longer, then add flour mixed with cold water and cook for several minutes longer, stirring constantly. Other vegetables may be added or substituted, as rutabaga, turnip, or carrots. Makes 8 to 10 servings.

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CHICKEN

BAKED CHICKEN

Select a young, plump, well-fattened bird, allowing ¾ to 1 lb. in the dressed weight of chicken per person. Clean thoroughly and singe quickly.

Sprinkle the inside with salt, and fill the body cavity with stuffing, but do not pack. Stuffing swells as it cooks, so give it plenty of room to expand. Rub all over with butter or other fat, sprinkle with salt, and if desired dust lightly with flour.

Place the stuffed and trussed young bird breast down on a rack in a shallow, not a deep, pan. Do not add water and do not cover. Roast at 350° F. A 4- to 5-lb. chicken would require 1½ to 2 hours. Start roasting the bird with the back up and breast down. Keeping the back up most of the time allows the thighs to

cook thoroughly without cooking the meat away from the breastbone. Every half hour, turn bird and baste with pan drippings or other melted fat.

To keep from breaking the skin in turning, lift the bird at the head and foot, with clean folded cloths to protect the hands. To test for doneness run a steel skewer or a cooking fork carefully into the thickest part of the breast and into the thigh next to the breast. If the meat is tender and the juice does not show a red tinge, the bird is done.

STEWED WHOLE CHICKEN

Prepare chicken as for roasting. Cover with boiling water. Add small onion, celery leaves, 3 cloves, and salt, cover closely and simmer until tender. When tender remove cover and let chicken cool in broth. Remove from broth and place in refrigerator until ready to serve. Slice thin.

FRIED CHICKEN

Cut young chicken in pieces for serving. Wipe the chicken as dry as possible, season with salt and pepper, and roll in flour; or dip in egg beaten with a tablespoon of water, and coat with very fine, dry bread crumbs or cornmeal. Heat a thick skillet with $\frac{1}{2}$ inch or more of fat to frying temperature, but not to the smoking point.

Put the thickest pieces of chicken in the skillet first; leave space for the fat to come up around each piece; do not crowd. Cover and cook at moderate heat and turn when brown. The thickest pieces of a 3-pound chicken (dressed weight) need from 20 to 25 minutes if fried entirely on the top of the stove. Many cooks prefer to finish fried chicken in a moderate oven (300°F.)

CHICKEN FRICASSEE

Cut young chicken in pieces for serving, and roll in seasoned flour. Brown in hot fat in a deep kettle or dutch oven; partly cover with boiling water; add $1\frac{1}{2}$ t. salt. Simmer until tender. Remove the meat to a hot serving platter; boil the stock rapidly until it has been reduced to $1\frac{1}{2}$ or 2 cups; add $\frac{1}{2}$ cup cream; stir in 2 T. flour which has been mixed to a paste with milk or water; boil 5 minutes, stirring constantly; season.

Pour the gravy over the chicken; arrange boiled rice or baking powder biscuits in a border around the edge of the platter.

CHICKEN LOAF

2 c. finely cut cooked chicken	2 eggs
1 c. fine bread crumbs	Salt
$1\frac{1}{2}$ T. butter or chicken fat	1 T. each chopped onion and
$\frac{1}{2}$ c. milk	green pepper

Cook onions and green pepper in fat; heat milk and moisten crumbs with it. Combine all ingredients, adding the beaten eggs last. Place the mixture in a greased baking dish or a loaf pan and bake in a moderate oven (375°F.) for about an hour or until firm and brown. Turn out on a platter. The loaf may be served hot or cold. If served cold, garnish with sliced tomato. Approximate yield: 6 servings.

SCALLOPED CHICKEN

Remove cooked chicken from bones, dice, or break into large flakes with fork. Grease a baking dish. Put in layer of chicken, cover with bread crumbs, dot with butter and season with salt and pepper. Continue adding layers until dish is filled. Pour on milk to partially cover. Put buttered crumbs on top and bake in a moderate oven (350° to 375° F.) for about ½ hour. Peas may be added to this dish.

CHICKEN A LA KING

4 T. fat	½ t. salt
4 T. flour	3 c. cooked diced chicken
1 c. chicken stock	½ c. cooked peas
1 c. milk	¼ c. chopped pimientos

Make a white sauce of the fat, flour, chicken stock, and milk. Add other ingredients and heat thoroughly. Mushrooms may be added. This may be served on biscuits, toast, or in patty shells. Yield: 10 to 12 servings.

MACARONI AND CHICKEN

1 ½ c. macaroni, broken in inch pieces	3 c. medium white sauce
½ c. buttered crumbs	3 c. minced chicken

Cook macaroni in boiling salted water until tender. Drain and blanch. Fill baking dish with alternate layers of macaroni, chicken, and white sauce. Cover with buttered crumbs. Bake 30 minutes. Peas may be added, if desired. Makes 8 to 10 servings.

Cold leftover ham may be substituted for the chicken.

JELLIED CHICKEN

Follow recipe for jellied veal (see page 47), substituting chicken for veal.

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VARIETY MEATS

LIVER AND BACON

Cook bacon slowly, turning it frequently. As soon as it is done, drain on paper and keep warm. Sprinkle the pieces of liver with salt and pepper, dip in flour, and brown in bacon fat. Cover, reduce temperature and continue cooking until the liver is done. Serve surrounded by the crisp bacon on a hot platter. Liver will be more tender if cooked at a low, even temperature. Rapid cooking hardens and toughens the liver.

PORK LIVER LOAF

2 lbs. pork liver	2 T. chopped onion
½ lb. salt pork	2 t. salt
½ c. bread crumbs	½ t. pepper
1 c. tomatoes	1 egg

Boil liver and salt pork for about 20 minutes; remove and chop fine or grind. Mix all ingredients thoroughly. Bake slowly for 1 to 1½ hours. Makes 10 to 12 servings.

CASSEROLE OF LIVER WITH VEGETABLES

1 lb. liver	4 carrots
1 large onion sliced	8 potatoes
2 T. fat	2 T. flour
1 c. stewed tomatoes	1 t. salt
1 c. diced celery	$\frac{1}{8}$ t. pepper

Cut liver in 2-inch squares, season, and dredge with flour. Brown in fat. Add vegetables and pour into casserole. Cover and bake $1\frac{1}{2}$ hours. Approximate yield: 8 servings.

BRAISED LIVER

2 lbs. beef or pork liver	1 onion, sliced
4 slices bacon	Salt and pepper
1 T. chopped green pepper	

Have beef or pork liver left in a chunky piece. Place in a greased baking dish, and lay bacon slices over top. Slice onion over meat, add green pepper, salt, and pepper, and enough hot water to almost cover. Put in a slow oven (300° F.) and cook until liver is done, about $1\frac{1}{2}$ hours. Remove cover for last 15 minutes of cooking to brown bacon slices. Makes about 12 servings.

BRAISED HEART

Wash the heart in warm water, and remove veins and arteries. Fill heart with breadcrumb dressing and tie with string. Brown the heart on all sides in a small amount of fat. Add a very small amount of liquid. Season with salt and pepper, cover closely, and continue at a low temperature, either in a moderate oven (350° F.) or on top of the range. It will require $1\frac{1}{2}$ to $2\frac{1}{2}$ hours for calf or pork, and $2\frac{1}{2}$ to $3\frac{1}{2}$ hours for beef.

BEEF KIDNEY STEW

1 beef kidney	4 T. flour
1 onion	4 whole cloves
Juice and half rind of lemon	2 c. hot water
4 T. fat	Salt

Slice kidney into medium slices and soak in strong salt water for one-half hour. Brown onion slowly in fat, add flour and blend. Brown and add hot water and stir until smooth. Add lemon juice and rind and cloves. Rinse and drain kidneys and add to boiling sauce. Simmer about $\frac{3}{4}$ hour or until tender, salt to taste and serve with noodles, rice or potatoes. Approximate yield: 6 to 8 servings.

BRAINS AND SCRAMBLED EGGS

Soak brains in cold water; remove membrane. Simmer for 15 minutes in water to which 1 teaspoon salt and 1 teaspoon lemon juice or vinegar has been added for each quart of water used. Drain and break into small pieces. Scramble eggs, and when nearly done add brains.

FISH

FRIED FISH

Whole small fish or serving sized pieces may be dipped in flour, cornmeal, or thin batter, and fried in deep or shallow fat. Drain on absorbent paper.

Thin Batter for Dipping Fish:

1 egg	¼ t. salt
1 c. milk	2 t. baking powder
1 ¼ c. flour	

Beat egg, add milk. Combine gradually with sifted dry ingredients.

BROILED FISH

Place the fish skin side down on greased broiling pan, and place broiling pan 2 inches below the heating unit or flame. When the fish is browned thoroughly on one side, turn it carefully and brown on the other side. Lower the flame or place the pan farther away from the flame to finish cooking. Loosen the fish carefully and remove to a hot platter. Serve with tartar sauce or lemon. Lean fish should be brushed with butter or oil before broiling.

BAKED STUFFED FISH

Select a fish of medium size (3 to 4 pounds). Clean fish and remove back and rib bones if desired. (Fish with bundles of bones embedded in the flesh cannot be satisfactorily boned.) Fill with dressing and sew or skewer sides to prevent loss of dressing. Place fish in a shallow greased pan, and brush top of fish with melted fat, then pour enough hot water in pan barely to cover bottom of pan. A closed pan may be used with no water in the pan. Bake in moderate or hot oven (375° to 400°F.) for about 1 hour to 1 ¼ hours. If the fish is not boned it will require slightly longer to cook. Fish is done if the flakes separate easily when a fork is inserted in a thick portion. Remove string and serve on hot platter garnished with parsley or lemon wedges. Makes approximately 8 servings.

Cucumber Stuffing for Fish:

1 c. soft bread crumbs	2 c. chopped cucumber
1 T. melted butter	Salt
2 eggs, slightly beaten	2 slices bacon, cut small
1 small onion	½ c. mushrooms

Chop onion and mushrooms. Cook bacon until crisp; add all other ingredients and mix well.

CREAMED SALMON

1 tall can salmon	2 T. flour
½ t. salt	2 T. butter
1 c. milk	

Flake the salmon into uniform pieces. Make a white sauce with milk, flour, butter, and salt. Add the salmon, heat thoroughly. Approximate yield: 6 servings.

SALMON LOAF

1 can salmon	2 eggs
$\frac{1}{2}$ c. milk	Juice $\frac{1}{2}$ lemon
$\frac{3}{4}$ c. soft bread crumbs	Salt and pepper

Remove skin and bones from salmon. Beat egg, add milk, bread crumbs, and seasonings, and add to salmon. Put in a well greased pan and bake in moderate oven (350° F.) for 45 minutes. Serve hot with medium white sauce to which has been added 1 or 2 chopped hard cooked eggs. Approximate yield: 6 servings.

FISH TIMBALES

Follow receipt for chicken timbales (see p. 51), substituting flaked fish for chicken.

OYSTERS

TO PREPARE OYSTERS FOR COOKING

Empty the oysters from the container into a strainer placed over a saucepan so that all of the liquid may be saved. Lift the oysters one by one from the strainer; examine for bits of shell. Add the inspected oysters to the strained liquor.

OYSTER STEW

1 pint oysters	2 T. butter
4 c. milk	Salt

Inspect oysters. Scald the milk. Add oysters and liquor to hot milk and heat until the edges of the oysters curl; add butter, salt, and pepper. *Or*, melt the butter in saucepan, add oysters, and heat until edges of oysters curl. Be careful not to overheat oysters as it toughens them. Add scalded milk and seasoning, and serve immediately. Makes approximately 6 servings, $\frac{3}{4}$ cup each.

SAUTEÉD OYSTERS

Drain oysters on absorbent paper; sprinkle with salt, then roll in cornmeal or in fine crumbs. Cook in a small quantity of hot fat in a frying pan until brown on the bottom. Turn with a pancake turner or spatula, and brown on the other side. Drain on absorbent paper. Serve with Tartar Sauce (p. 33).

PIGS IN BLANKETS

Prepare the oysters as directed. Wrap a thin slice of bacon around each oyster and fasten with a toothpick. Arrange on a rack over a dripping pan. Bake in a hot oven (425° to 450° F.) until the bacon is crisp and brown. Remove the toothpicks before serving.

SCALLOPED OYSTERS

1 pint oysters	$\frac{1}{4}$ c. melted butter
1 c. to $1\frac{1}{2}$ c. dry bread or cracker crumbs	$\frac{1}{2}$ c. milk
	$\frac{1}{4}$ t. salt

Prepare the oysters as directed above. Mix the salt, pepper, and butter with the crumbs. Spread a layer of crumbs on the bottom of a shallow baking dish; cover with half the oysters, another layer of crumbs, the remainder of the oysters, and top with crumbs. Add the oyster liquor and milk so that it can be seen in the crevices between the oysters. Bake in a moderate oven (375° to 400° F.) for 20 to 30 minutes. Approximate yield: 6 servings.

CORN AND OYSTERS

1 c. oysters	$\frac{1}{2}$ t. salt
1 c. corn	$\frac{1}{2}$ T. chopped parsley
$\frac{1}{2}$ c. buttered crumbs	1 egg (beaten slightly)

Combine in the order given. Put in deep muffin tins and bake 30 minutes in a moderate oven (350° F.). Approximate yield: 6 servings.

Main Dishes Made from Eggs, Cheese, and Other Foods

EGGS

FUNDAMENTAL PRINCIPLES OF EGG COOKERY

The fundamental principles of egg cookery are simple, definite, and important. Disregard of these fundamentals can easily lead to failure to obtain the most pleasing and palatable products. A few of the well known facts in regard to egg cookery follow.

Coagulation of Eggs. — Both egg yolk and egg white coagulate when heated, and can be used for thickening. They function better for thickening if beaten only slightly.

The temperature at which egg coagulates and the time required for coagulation depend largely on the proportion of egg in any mixture. Undiluted egg completely coagulates at about 158° F., a temperature far below the boiling point of water. Diluted egg must be heated to a somewhat higher temperature than undiluted egg, but the coagulation temperature in no case approaches the temperature of boiling water. Egg yolk requires a slightly higher temperature for complete coagulation than does egg white. (167° F.)

The use of low or moderate temperatures for egg cookery is very important if tenderness, good texture, and maximum volume are to be attained.

Beating of Eggs. — Since beaten egg whites are used for so many cookery operations, the proper beating of egg whites becomes a very important matter.

The whipping quality of eggs may be affected by uncontrollable factors such as season. Eggs produced in April and September apparently whip to larger volume than midsummer eggs. However, many factors affecting the whipping of eggs are subject to human control. Cold eggs do not whip so quickly or to so large volume as eggs at approximately room temperature. Watery egg whites whip to larger volume than very thick egg whites. Old eggs or storage eggs have more watery whites than newlaid eggs, although the latter vary somewhat in firmness of whites. Fresh thick egg whites may be diluted with water to yield larger volume (use about 1 T. water to each egg white).

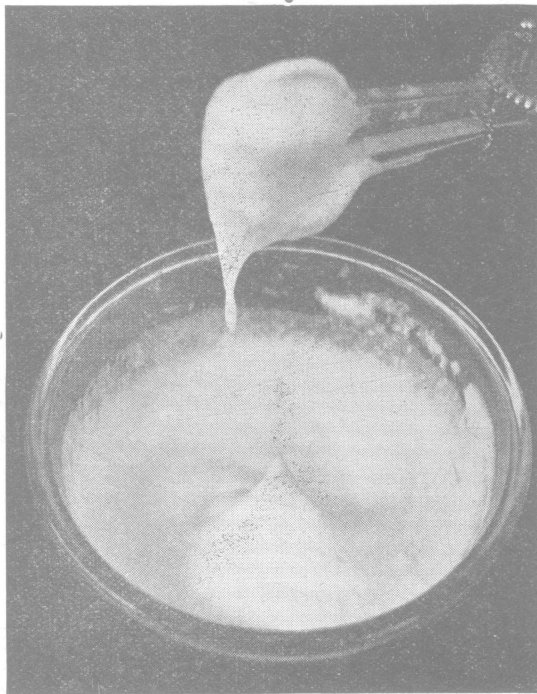


Fig. 10.—The desirable stiffness for beaten egg whites.

The type of egg beater used, as well as the fineness of the wires or blades of the beater, affect the *size* of air cells obtained and the ease with which fine cells are obtained. Thick wires or blades do not divide egg whites as easily as fine wires, and the resulting air cells

are therefore larger, although all cells will become smaller with longer beating, regardless of type of beater. Egg whisks sometimes give a larger volume than rotary types of beaters, but the cells are also larger.

Overbeating of eggs appears to be a common practice. Beaten egg whites should not have a dry, lumpy appearance, but should retain a shiny, smooth surface. The following tests may be of assistance in determining the proper stiffness of beaten egg whites.

1. The mass should flow very slowly if the bowl is partially inverted.
2. As the egg beater is withdrawn from the mass, "tails" or peaks should form (see Fig. 10).
3. Air cells should be as fine and of as even size as can be obtained without beating to the dry state.

Cooking is an art that requires for its highest development intelligence, knowledge, and skill, and by reason of its importance in promoting the well-being of the household, merits the most careful cultivation.—*Dr. Hugh S. Cummings.*

SIMPLE EGG PREPARATIONS

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SOFT-COOKED EGGS (in the shell)

Allow 1 pint of water for each egg. Bring water to a boil, add eggs, and turn out fire or remove pan from hot part of stove. Cover and allow to stand from 4 to 6 minutes, depending on the degree of softness desired.

Ideal soft-cooked eggs have a white which is jelly-like or firm (but tender). The yolk should be liquid or semi-liquid.

HARD-COOKED EGGS

Method 1. — Heat water in the top of a double boiler over the flame until it bubbles slightly. Add the eggs. Place top of double boiler over hot water; the water in the lower part should not boil, but may simmer. Cover and cook eggs for about 45 minutes. Plunge eggs into cold water to facilitate peeling and to prevent the formation of the green deposit which sometimes forms on the yolks of hard-cooked eggs.

Method 2. — Follow directions for soft-cooked eggs and allow to stand in warm place for 45 minutes to one hour. Plunge eggs into cold water.

Hard-cooked eggs should have a firmly coagulated, but very tender, white. The yolks should be dry and mealy. If waxy, the yolk is not sufficiently cooked.

POACHED EGGS

Break egg in a saucer. Place enough water in a shallow pan to cover the eggs to be poached. Eggs poached in milk or cream should have the dish suspended over hot water. Heat water or milk almost to boiling point. Place dish containing egg close to surface of water or milk, and slip egg quickly into it. Reduce flame or place pan where the water will not boil. Allow to stand until the white is of jelly-like consistency (about 4 to 6 minutes).

While salt aids in coagulation, eggs poached in salted water are usually not so shiny as when poached in unsalted water. They may also appear puckered or ruffled as they do when cooked in boiling water. Inexpensive metal rings or custard cups may be used to keep the eggs from spreading.

The finished product should have a rounded appearance and a film of coagulated white should cover the yolk. The yolk should be liquid or semi-liquid and the white completely coagulated but jelly-like and tender.

POACHED EGG ON CORNED BEEF OR VEGETABLE HASH

Cook corned beef hash or vegetable hash in individual cakes.

For the corn beef hash, chop the cold cooked meat with twice the measure of cold boiled potatoes; chop onion with the mixture if desired. Season with salt and pepper, and stir in sufficient milk or gravy to hold the particles together; shape into cakes and brown in fat.

For the vegetable hash mix cubed left-over vegetables with an equal quantity of cubed cooked potatoes or left-over mashed potatoes. Moisten with gravy, white sauce, or a little milk. Shape into cakes and brown in fat.

Poach eggs. Arrange hash cakes on a serving plate; place an egg on the center of each cake. Garnish with parsley or watercress.

SCRAMBLED EGGS

4 eggs
 $\frac{1}{4}$ c. to $\frac{1}{2}$ c. milk

$\frac{1}{2}$ t. salt
1 T. butter or bacon fat

Beat eggs, add seasoning and liquid. Melt butter in frying pan or in top of double boiler. Add eggs and cook slowly until coagulated, stirring occasionally. If double boiler is used, do not allow water in bottom to boil. A double boiler is especially desirable when a larger quantity of scrambled eggs is being prepared. Yield: 3 or 4 servings.

FRIED EGGS

Use only enough fat to prevent the eggs from sticking to the pan. Heat the pan moderately hot. Break each egg into a saucer and place it in the pan, cover, and cook slowly until the egg white is set. A small amount of water may be added to pan before covering. The steam formed aids in cooking the tops of the eggs and tends to prevent undue toughening or hardening of edges. Excess fat used in frying usually results in a greasy, unappetizing product. Because of the difficulty in controlling temperature of the pan and of the fat, a fried egg is more often tough than tender, and for that reason may be among the least desirable of egg preparations.

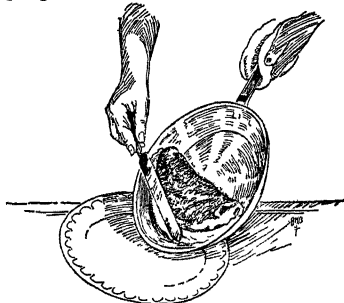


Fig. 11.—Fold the omelet before removing from pan.

The underside of a fried egg should not be brown and the edges should not be crisp or frilled.

PLAIN OMELET

Use scrambled egg mixture. Cook in frying pan in which butter has been melted, but do not stir while cooking. A spatula may be run under the coagulating omelet occasionally. By lifting the mass, the thin egg mixture flows underneath and reaches the heat of the pan. When completely coagulated, fold over and place on hot platter.

FOAMY OMELET

4 eggs
2 to 4 T. water
 $\frac{1}{2}$ t. salt

few grains pepper
4 t. butter

Separate yolks from whites of eggs. Add pepper to yolks and beat until light colored and foamy. Add water and salt to egg whites and beat until stiff but not dry. Using a spatula or thin metal spoon, cut or fold the yolks into the whites, being careful to avoid loss of air. Melt fat in a fairly large, heavy frying pan. Pour omelet mixture into pan and cook by one of the following methods:

1. Cover and cook over slow fire until omelet has risen and has coagulated. The steam held in by the lid cooks the top of the omelet.
2. Cook over slow fire until omelet is lightly browned on bottom and about three-fourths coagulated. It is possible to determine how far the omelet is coagulated by cutting gently into the mass with a spatula. Place omelet in oven or in broiler to finish cooking and dry the top.

Avoid over-heating, as the omelet will fall and will be tough. Crease the omelet through the center and fold it over with a spatula. Remove it to a hot platter, and serve at once. Yield: 3 or 4 servings.

Variations Which May Be Used with Either Plain or Foamy Omelet:

Jelly Omelet. — Before folding omelet, spread with jelly, jam, or marmalade.

Vegetable Omelet. — A mixture of hot, well buttered and seasoned vegetables may be added before folding omelet. This dish offers an opportunity for use for left-over vegetables.

Meat Omelet. — Finely chopped meat such as ham or chicken may be added before folding omelet.

CREAMED EGGS

6 hard-cooked eggs, halved,	2 c. milk
quartered or sliced	$\frac{1}{2}$ t. salt
4 T. butter	$\frac{1}{8}$ t. pepper
4 T. flour	

Make white sauce of butter, flour, milk, salt, and pepper. Add eggs to sauce. Serve hot on buttered toast or fried bread. Approximate yield: 6 servings, $\frac{1}{3}$ cup each.

Variations of creamed eggs: To the above recipe add one of the following:

$\frac{1}{2}$ c. diced cooked meat (ham,	$\frac{1}{2}$ c. shredded chipped beef
chicken, veal)	$\frac{1}{2}$ c. flaked fish (salmon, cod, etc.)
$\frac{1}{4}$ c. diced cheese	$\frac{1}{2}$ c. diced celery
$\frac{1}{2}$ c. crisp chopped bacon	2 T. chopped green pepper and
$\frac{1}{2}$ c. peas	1 T. chopped pimiento
1 c. potato cubes	

EGG GOLDENROD

4 hard cooked eggs	1 $\frac{1}{2}$ c. milk
3 T. butter or bacon fat	$\frac{1}{8}$ t. pepper
$\frac{1}{2}$ t. salt	Paprika
3 T. flour	Buttered toast

Make a white sauce of milk, flour, fat, salt, and pepper. Remove yolks from eggs and place in a sieve. Chop the whites. Add the chopped whites to the sauce. Pour over the buttered toast. Garnish the top by rubbing the egg yolk through a sieve. Dust with paprika and garnish with a little parsley or watercress. Yield: 4 to 5 servings, $\frac{1}{3}$ cup each.

DEVILED EGGS

6 hard cooked eggs	1 t. dry mustard <i>or</i>
$\frac{1}{2}$ t. salt	2 t. prepared mustard
$\frac{1}{8}$ t. pepper	1 T. vinegar
	2 t. butter

Cut the hard cooked eggs in half lengthwise or crosswise, remove the yolks and mash them. Add butter and seasonings and stir until smooth. Re-fill whites. The eggs may be served cold or hot. If hot, they may be placed on toast and have one cup white sauce or onion sauce poured over them. Yield: 6 servings, 1 egg each.

Variations:

Relish. — Add 2 to 3 tablespoons finely chopped relish to yolk mixture.

Chicken, Shrimp, or Ham. — Add 3 tablespoons minced meat to yolk mixture. Add 1 teaspoon each of onion juice and finely chopped parsley.

Cheese. — Add $\frac{1}{2}$ cup grated to yolk mixture or sprinkled over top if white sauce is used.

Green Peppers, Cucumbers, or Celery. — Add 2 to 3 tablespoons finely chopped to yolk mixture.

EGGS AS A GARNISH

Slices or wedges of hard cooked eggs add attractiveness to many dishes. Finely chopped whites and yolks run through a wire strainer may be used more effectively in some instances.

Custards and Egg Desserts (see Milk Desserts, p. 102).

Egg Salads (see Salads, p. 93-95).

Egg Sandwiches (see Sandwiches," p. 25).

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SOUFFLÉS

Souffles made with cheese, vegetable pulp, ground meat, or flaked fish are attractive to serve as the main dish of a meal. Long, slow cooking is one of the secrets of making a perfect soufflé. The moderate oven heat expands the air bubbles in the egg whites and sets the light mixture throughout without toughening.

VARIATIONS:

*CHICKEN SOUFFLÉ (HOT)

3 T. butter	1 t. minced onion
4 T. flour	2 T. chopped carrot
1 c. chicken broth or milk	1 T. minced parsley
$\frac{3}{4}$ t. salt	3 eggs separated
f.g. pepper	2 c. chopped chicken meat

Make a sauce of butter, flour, milk or broth, and seasonings. Add slowly to well beaten egg yolks — stirring constantly. Cook for 3 minutes in a double boiler, then fold in vegetables and meat. Carefully fold in the beaten egg whites. Pour the mixture into a buttered baking dish set in a pan of hot water and bake in a slow oven (325° F.) about 40 minutes (until set). Serve at once. Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

* Any other meat or fish may be used in place of chicken.

VEGETABLE SOUFFLE

4 T. butter	3 egg whites, beaten
4 T. flour	2 c. cooked diced vegetables (any
$\frac{2}{3}$ c. milk	vegetable or pleasing combina-
Salt and pepper	tion of vegetables, such as car-
3 egg yolks, beaten until thick	rots, peas, and celery)

Make white sauce of butter, flour, milk, and seasonings. Add to egg yolks, stirring constantly. Fold in vegetables and stiffly beaten egg whites. Turn into a buttered baking dish and bake in a moderately slow oven (325° F.) 25 minutes or until firm. Serve at once. Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

CHEESE

Cheese main dishes are usually associated with luncheon or supper, but they are equally well suited from the nutritional standpoint to replace meat, poultry, or fish at any meal. Cheese is a concentrated food — high in protein and fat, but also valuable for minerals, and Vitamins A and G. It gives variety in flavor as well as adds considerable nutritive value to dishes composed largely of potatoes, hominy, rice, bread, or macaroni. A crisp, green vegetable or salad combines well with a soft concentrated cheese dish.

Combining Cheese with Other Foods. — If cheese is to be mixed evenly with other ingredients of a recipe it will have to be cut, melted, grated, or ground.

To Melt Cheese. — Cut the cheese in thin slices or small pieces and melt in a hot sauce. Cheese becomes tough and stringy when over-heated. It should be melted over low heat, preferably in a double boiler.

To Grate Cheese. — To grate successfully, cheese should be fairly hard and dry. Grated cheese is available on the market. It is sold in paper bags or cartons.

To Grind Cheese. — Soft cheese may be ground through the food chopper or forced through a coarse wire strainer.

CHEESE DREAMS

Sandwiches may be made with cheese and then toasted until the bread is brown and cheese melted.

WELSH RAREBIT

2 T. butter	2 c. milk
2 T. flour	$\frac{1}{2}$ lb. cheese
$\frac{1}{4}$ t. mustard	Thin dry toast or crackers
$\frac{1}{2}$ t. salt	

Make a white sauce of the butter, flour, seasonings, and milk in the top part of a double boiler over direct heat. When the sauce has boiled, place over hot water and stir in the cheese. Continue stirring until the cheese is melted and the mixture smooth. Pour over the toast. Serve at once. Approximate yield: 6 servings, $\frac{1}{3}$ cup each.

RINKTUM DITTY

4 T. butter	$\frac{1}{2}$ lb. cheese
2 T. flour	$\frac{1}{2}$ t. salt
2 c. strained tomato	

Melt the butter, and blend with flour and salt. Add the strained tomato. Cook until mixture thickens, stirring constantly. Add grated cheese, stir until the cheese melts. Serve hot on toast or wafers. Approximate yield: 6 servings, $\frac{1}{3}$ cup each.

BAKED TOMATOES AND CHEESE

2 c. bread crumbs	$\frac{1}{2}$ t. salt
1 c. grated cheese	6 whole tomatoes
2 T. butter	

Melt butter and brown the crumbs lightly. Moisten with milk, add grated cheese and salt. Mix and fill the centers of the tomatoes. Bake in a greased pan in a moderate oven until done. Serve hot. Makes 6 servings.

TOMATOES WITH CHEESE SAUCE ON TOAST

2 c. cheese sauce
4 medium tomatoes

4-6 slices dry toast
Slices of crisp bacon

Cheese Sauce. — Add $\frac{1}{4}$ to $\frac{1}{2}$ cup (2 to 4 ounces) of cut or grated cheese to 1 c. thin white sauce. Stir over hot water until the cheese is melted.

Arrange the toast on serving plates, and place either raw sliced tomatoes or fried sliced tomatoes on each slice. Pour over the cheese sauce, and top with a slice of crisp bacon. Garnish with greens. Approximate yield: 6 servings.

CHEESE FONDUE

1 c. scalded milk $\frac{1}{2}$ t. salt 1 T. butter
1 c. soft stale bread crumbs 3 egg yolks
1 to $1\frac{1}{2}$ c. cheese, cut in small pieces 3 egg whites

Mix first five ingredients, add yolks beaten until lemon colored. Cut and fold in whites which have been beaten until stiff. Pour in buttered baking dish, set in pan of hot water and bake 20 minutes (until set) in a moderate oven (350° F.). Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

CHEESE SOUFFLE

3 T. butter 1 to $1\frac{1}{2}$ c. cheese cut in pieces
4 T. flour 3 egg yolks
 $\frac{1}{2}$ t. salt 3 egg whites
1 c. scalded milk Paprika

Melt butter, add flour and seasonings. Add scalded milk gradually and stir until thick and smooth. Add cheese and stir until melted. Add slowly to yolks of eggs which have been beaten. Cool mixture slightly and cut and fold in whites beaten until stiff. Pour into one buttered baking dish or individual ones and bake 20 or 30 minutes in a slow oven (325° F.). Place the dish in a larger pan of hot water. When set, serve at once. Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

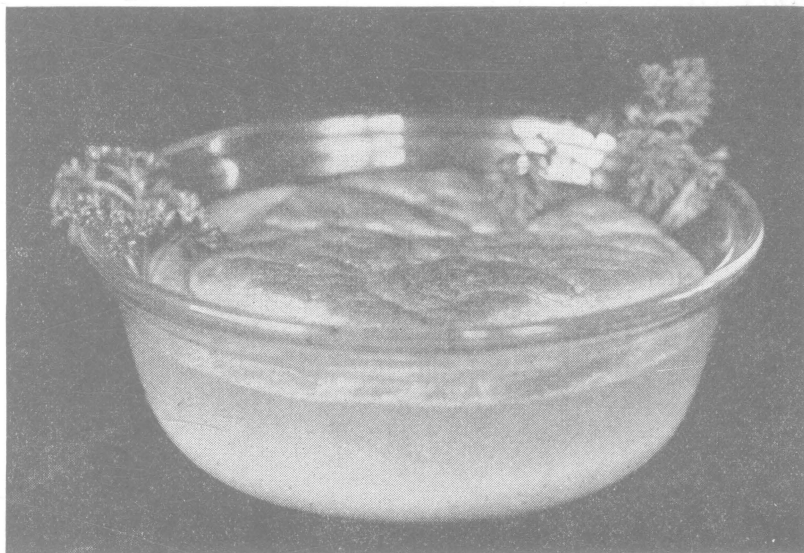


Fig. 12.—Cheese souffle ready for the table.

ENGLISH MONKEY

1 c. stale bread crumbs	1 egg
1 c. milk	$\frac{1}{2}$ t. salt
1 T. fat	few grains paprika
$\frac{1}{2}$ c. mild cheese, grated or cut fine	

Soak the bread crumbs for 15 minutes in the milk. Melt the fat, add the cheese. When it has melted, add the soaked crumbs, the egg that has been slightly beaten, and the seasoning. Cook the mixture for 3 minutes, and pour it over toasted bread. Makes approximately 4 servings, $\frac{1}{2}$ cup each.

CHEESE LOAF

1 c. noodles or spaghetti	2 t. minced pepper
1 T. minced onion	1 c. soft bread crumbs
3 eggs	$\frac{1}{2}$ lb. cheese (chopped fine)
1 c. milk	1 t. salt

Cook noodles or spaghetti in boiling salted water until tender; rinse in cold water. Brown onion in butter. Beat the eggs, combine all ingredients, and pour into a greased baking dish or bread tin in a pan of hot water and bake in a moderate oven. Serve with a spoon or turn out of bread tin and slice as meat loaf. Serve with a tomato sauce. Makes approximately 6 servings.

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COTTAGE CHEESE

MAKING COTTAGE CHEESE

Pasteurization of the Milk. — While for small-scale operation the pasteurization of skim milk may not always be practicable, it permits a better control of the fermentation, increases the yield of cheese, and renders the product safe from disease producing organisms. With pasteurized milk it is absolutely necessary to use a starter.

Setting. — Each gallon of skim milk will make about $1\frac{1}{2}$ pounds of cheese. The skim milk should first be placed in a pail or a "shotgun" can, warmed to 75° F., and allowed to stand at that temperature until curdled. A thermometer should be used; never guess at the temperature. The temperature can be controlled by keeping the pail or can of milk in a tub, sink, or other vessel filled with water of the same temperature.

The time required for curdling will depend upon the freshness of the milk. When a starter of good sour milk is available, a better and more uniform cheese can be made, and the time for curdling lessened. About a cupful of starter or good sour milk to the gallon of skim milk will curdle in from 10 to 15 hours, while without starter, fresh milk may not curdle for 24 hours or even longer. The greater the quantity of starter, the sooner the curdling will take place. During the setting no special attention is necessary. As soon as a firm, smooth curd has been formed, it is ready for cutting.

Cottage cheese made with rennet, a junket tablet, or pepsin has a finer and more uniform texture and requires less time and attention in making. Any one of these will cause the milk to curdle sooner. The process of making is the same as already described, except that the milk is warmed to 80° F. and allowed to remain

at that temperature for 5 to 6 hours, at which time 2 or 3 drops of liquid rennet per gallon of milk are diluted in a tablespoon of cold water and stirred into the milk. When rennet is not available, one-eighth of a junket tablet per gallon of milk may be dissolved in a tablespoon of cold water and stirred into the milk. Powdered pepsin may be used for the same purpose, a quantity that will remain upon the point of a penknife being dissolved in a tablespoon of cold water and then mixed with the milk.

When rennet, a junket tablet, or pepsin is used, the curdled milk is placed in a drain cloth without cutting or heating. A finer and heavier draining cloth is necessary because of the fineness of the curd.

Cutting, Heating, and Stirring. — The curd is cut into 1-inch or 2-inch squares with a long-bladed knife. The temperature of the curdled milk is then raised to 100° F. and the mass stirred gently from time to time. When that temperature has been maintained for about half an hour the curd is ready to be drained. The degree of heating largely determines the dryness of the cheese; the higher the temperature the drier the cheese will be.

Draining. — After heating, the curd is poured into a cheesecloth sack or into a piece of draining cloth thrown over a pail. If a pail is used it will be necessary to pour out the whey occasionally so that draining will continue. In 15 or 20 minutes the curd will become mushy and will drain more slowly. The sides of the cloth may then be raised and lowered every few minutes to hasten draining. When the curd is rather firm and the whey has nearly ceased to flow it is ready for salting, although tastes differ somewhat — some prefer a dry cheese, while others prefer a soft, moist one.

Salting. — The cheese should be salted to suit the taste. Usually, however, from 1 to 2 teaspoons to the gallon of milk is about the quantity desired. The salt may be sprinkled over the curd and worked in with a spoon or a paddle. A little sweet or sour cream may be added.

SERVING PLAIN COTTAGE CHEESE

Plain cottage cheese may become a pretty dish as well as a nutritious one with the addition of a simple garnish. To plain cottage cheese add cream to make moist enough and salt to taste. Pile lightly on dish and garnish if desired.

Garnishes:

A sprinkling of paprika	Strips of pimiento or pepper
Finely chopped parsley	Dots of bright colored jelly
A few dainty sprigs of parsley	Slices of cucumber
Finely chopped chives	Slices or sections of tomato

It is a pleasing combination to serve cottage cheese with a fruit such as apple butter, pineapple, apricots, cranberry jelly or relish, currant jelly, or a tart vegetable such as tomatoes.

COTTAGE CHEESE SALADS

Cottage cheese may be used to fill cavities of tomatoes, canned pears, peaches, prunes, slices of pineapple, or celery stalks, and served on lettuce with boiled salad dressing or mayonnaise.

Cottage cheese may be combined with salad dressing, nuts, parsley, watercress, peppers, jelly or preserves, and formed in small balls rolled in chopped nuts, grated cheddar cheese or crumbs, or shaped into a loaf which is sliced and served on lettuce.

COTTAGE CHEESE WITH CINNAMON APPLE RINGS

To prepare cinnamon apple rings — pare and core apples and cut crosswise in thick slices. Make a sirup by cooking $\frac{1}{4}$ pound old-fashioned red cinnamon candies in 1 c. water for 4 or 5 minutes. Cook apples in this sirup until clear and tender.

Chill apple rings. For each salad place one on a lettuce leaf, add a layer of cottage cheese or cream cheese, then another slice of apple. Top with cheese and a nut meat or red cherry. Serve with mayonnaise or cooked salad dressing.

For further suggestions for salads see "Salads" (p. 88).

Cottage Cheese Sandwiches (see "Sandwich Combinations," p. 26).

Cottage Cheese Custards (see "Milk Desserts," p. 102).

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MISCELLANEOUS MAIN DISHES

HOME GROWN CHOP SUEY

1 lb. fresh pork shredded	2 c. meat broth, thin gravy, or water
2 c. shredded onions	2 T. fat
2 c. green beans	1 c. rice
1 c. celery cubes or cabbage	Salt to taste

Brown the meat lightly in half the fat and remove from the skillet. Add the other half of the fat and brown the onion lightly in it. Add the meat, green beans, celery, rice, salt, and broth or gravy, and simmer until rice is done (about 20 to 30 minutes). Makes approximately 8 servings.

Variations:

In place of rice, 3 cups cooked whole wheat may be used. Hominy or noodles may also be used in place of rice.

Canned pork, beef, or chicken may be used in this recipe.

KIDNEY BEAN STEW

$\frac{3}{4}$ c. dried kidney beans	4 small potatoes
Or 1 can kidney beans	2 pints water
2 onions, sliced	2 c. tomatoes
2 t. salt	4 or 5 slices bacon

If dried beans are used, soak overnight, and cook until half done. Chip bacon and brown onion with it. Add potatoes and water to cover. Combine with half-cooked beans and cook until all ingredients are tender. Add more water if necessary. Add tomatoes. Makes approximately 8 servings.

HOPPING JOHN

1 c. dried beans	1 c. cooked rice
$\frac{1}{2}$ c. dried salt pork	Salt and pepper to taste
$\frac{1}{4}$ c. chopped onion	

Soak the beans overnight in water to cover. In the morning add 2 cups more water, and cook until tender. Brown the salt pork and add to the beans. Brown

the onion in the salt pork fat. Mix all the ingredients, and add salt and pepper to taste. Continue cooking for 10 minutes, and serve at once.

For variety, sprinkle grated cheese over the Hopping John and serve with catsup or tomato sauce (see page 32). Or brown the uncooked rice in some of the salt pork fat, and add it to the beans during the last 20 minutes they are cooking. Approximate yield: 6 servings.

CASSEROLE OF MEAT, RICE, TOMATOES, AND PEAS

$\frac{1}{4}$ lb. rice or spaghetti	$\frac{1}{2}$ lb. beef or pork, ground or
4 strips bacon or $\frac{1}{4}$ c. bacon fat	chopped
1 T. onion, chopped	1 c. peas
1 t. parsley, chopped	1 c. tomatoes
$\frac{1}{2}$ c. celery, cubed	1 t. salt
2 T. green pepper, chopped	f.g. pepper

Cook rice or spaghetti in boiling salted water until tender. Place in strainer; rinse with cold water. Brown onion, parsley, celery, and green pepper in fresh bacon fat; add the meat, and brown. Combine with rice, tomatoes, and peas. Put in greased baking dish, and bake in moderate oven until thoroughly heated through. Approximate yield: 6 servings.

STUFFED CABBAGE ROLLS

8 cabbage leaves	3 c. cooked rice or mashed or
1 or $1\frac{1}{2}$ c. ground meat	diced potato
1 small green pepper, chopped fine	$1\frac{1}{2}$ c. stewed tomatoes
1 small onion, chopped fine	1 t. salt
	f.g. pepper

Cut leaves from the head of cabbage; drop into boiling salted water for 2 minutes, then drain. Mix meat, onion, pepper, seasonings, and rice or potato. Place 2 or 3 tablespoons of mixture in each leaf, and fold leaf around the stuffing. Arrange folded side down in baking dish, and pour on tomatoes. Bake in moderate oven 20 to 30 minutes. Yield: 8 servings.

WHOLE WHEAT PILAU

2 thin slices salt pork	2 c. chopped celery or cabbage
2 onions, cut fine	$\frac{1}{4}$ c. minced parsley, if desired
3 c. tomato juice and pulp	Salt
2 c. cooked wheat	Pepper

Chip the salt pork, add onions, and brown together. Heat the tomatoes, add the wheat, onions, celery, and salt, and cook about 15 minutes. Stir frequently. When the mixture has thickened stir in the crisped pork and parsley and add more salt if needed, and the pepper. Serve on crisp toast. Makes about 8 servings.

CORN

For use of corn in soups and chowders, see Soups, page 35.

For use of corn as a vegetable, see Vegetables, page 74.

HOMINY (Lye)

2 gallons water
2 T. lye

2 quarts corn

Add lye to water and boil corn until hulls loosen. Wash in fresh water. Drain off water; wash again four or five times. A wooden churn dasher is very good to use in the washing, as it loosens the germ of the corn and one does not need to put the hands in the water. Cover corn with cold water and bring to a boil; drain off and repeat same process three or four times. After the last boiling cover corn with cold water, bring to the boiling point and boil until tender (3 or 4 hours).

CREAMED HOMINY

2 c. cooked hominy
2 T. butter
1 t. salt

f.g. pepper
 $\frac{1}{2}$ c. thin cream

Heat thoroughly and serve.

Instead of the cream, 1 c. of chopped meat, or sausage, or chicken, may be added to the hominy. If the mixture seems dry, add a little milk or cream. Yield: 4 servings, $\frac{1}{2}$ cup each.

HOMINY WITH TOMATOES

2 c. cooked hominy
2 c. canned tomatoes
Bread crumbs

$\frac{1}{4}$ c. grated cheese
Or 1 c. ground meat
Salt

Butter a baking dish, put in hominy, then tomatoes, in alternate layers, seasoning each layer. Cover with bread crumbs and cheese. Heat in a moderate oven. Makes approximately 6 servings.

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MACARONI, SPAGHETTI, AND NOODLES

Macaroni, spaghetti, and noodles are but three of the best known of a large family of flour pastes to be found on the market. A great variety of shapes and sizes will be found in stores that specialize in Italian food.

Cooking Macaroni, Spaghetti, and Noodles. — Spaghetti and noodles are often cooked in the European fashion, that is, in unbroken lengths. Macaroni is usually broken into sticks from 1 to 2 inches long. Add any of these products to a large quantity of rapidly boiling, salted water (2 t. salt for each quart). If the ends of coils of spaghetti or noodles are dipped into the water, they will soften so that the entire mass may be submerged gradually. Boil rapidly until tender. Avoid overcooking, especially if the product is to be reheated in a sauce. The product will be less sticky if, after being boiled, it is put in a strainer or colander and rinsed with a dash of cold water.

MACARONI OR SPAGHETTI WITH SAUCES

Macaroni and spaghetti may be used interchangeably in a number of dishes. Either may be served with Cheese Sauce, Spanish Sauce, or Tomato Sauce (see section on Sauces, page 31).

MACARONI AND CHEESE

$\frac{1}{2}$ lb. macaroni broken in inch pieces $\frac{1}{2}$ lb. American cheese
3 c. medium white sauce or tomato sauce

Cook macaroni in boiling salted water until tender. Drain and pour 1 c. cold water through the macaroni. Make the white sauce, stir in cheese which has been cut fine and heat until cheese is melted. Add macaroni, and heat. Serve. This also could be baked in the oven. Hominy or rice may be substituted for the macaroni. Makes 8 to 10 servings.

SPAGHETTI, TOMATO, AND HAMBURGER

(See recipe for Hominy with Tomatoes, above)

SPAGHETTI LOAF

Use same recipe as Cheese Loaf, page 66, substituting spaghetti for the hominy.

NEAPOLITAN SPAGHETTI

$\frac{1}{2}$ lb. spaghetti, boiled 2 c. canned or fresh tomatoes
6 slices bacon cut in pieces 1 t. salt
1 onion, sliced $\frac{1}{4}$ t. pepper
1 green pepper, shredded

Brown strips of bacon. Remove from frying pan. Brown onion and green pepper in the bacon fat. Arrange spaghetti, seasonings, bacon, and tomatoes in layers in a buttered baking dish. Bake in a moderate oven (375° F.) until the tomato juice is absorbed (about 30 minutes). Garnish by placing additional slices of broiled bacon on top of the spaghetti. Makes approximately 8 servings.

EGG NOODLES

1 egg Flour
1 T. milk $\frac{1}{2}$ t. salt

Beat egg slightly, add milk, salt, and flour enough to make a very stiff dough; knead, toss on slightly floured board and roll thinly as possible. Cover with a towel and set aside for 20 minutes; then fold or roll as a jelly roll and cut in thin strips. Or, cut in fancy shapes, using a sharp knife or French vegetable cutter. Dry, and when needed cook 20 min. in boiling salted water or milk. Drain and add to soup.

Noodles may be substituted for macaroni or spaghetti in any of the dishes in which they are used.

NOODLE MOLD

$\frac{1}{3}$ lb. broken egg noodles	1 T. chopped parsley
*2 c. milk, meat or chicken broth	$\frac{1}{2}$ t. salt
1 $\frac{1}{2}$ c. soft bread crumbs	$\frac{1}{4}$ t. pepper
4 T. butter	$\frac{1}{4}$ t. paprika
1 T. onion, minced	3 eggs
1 pimienta, minced	

Cook the noodles in boiling, salted water 10 minutes; drain. Scald the milk; stir in the finely cut or grated cheese, butter, bread crumbs, and seasonings; stir until cheese is melted; add the mixture to the beaten eggs; then combine with the noodles. Pour into a well-greased loaf pan or ring mold; place the baking dish in a pan of hot water. Bake in a moderate oven (350° to 375° F.) until the mixture is set (about 45 minutes). Unmold and serve with creamed meats or if cheese is included, with tomato sauce. Makes 8 to 10 servings.

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RICE

Rice may be used in place of hominy, macaroni or spaghetti, or noodles in any meat, fish, vegetable, or soup combination. Brown rice may be substituted for white rice in these recipes.

For use of rice in puddings and other desserts, see "Desserts," (page 104).

PARCHED RICE WITH TOMATO SAUCE AND CHEESE

3 c. cooked rice	1 c. tomato sauce
2 T. butter	$\frac{1}{2}$ c. grated cheese

Melt butter in iron frying pan, add rice. Cook until rice is slightly brown, stirring lightly with fork. Put into hot serving dish, pour over tomato sauce, and sprinkle with cheese, lifting rice with fork, that sauce and cheese may coat each kernel. Approximate yield: 6 servings.

VEGETABLE CUPS — WITH RICE STUFFING

Green peppers, large onions, firm tomatoes, turnips, or large carrots may be used as cups to hold a mixture of rice, meat or fish, and sauce. To prepare for stuffing: Wash and hollow out the peppers and parboil them. The onions and carrots should be cooked whole, then hollowed out in cup shape. Tomatoes need no preliminary cooking; cut off stem and hollow out. Season vegetable cups well before stuffing. Fill with cooked rice, and cover with buttered crumbs or grated cheese. These cups may be prepared and stored in refrigerator several hours. Bake in oven 15 minutes to heat thoroughly.

*NOTE: if milk is used instead of meat broth, $\frac{3}{4}$ lb. of mild cheese may be added.

RICE AND SALMON LOAF

2 c. hot boiled rice	$\frac{1}{4}$ t. pepper
1 c. salmon	Juice of $\frac{1}{2}$ lemon
2 eggs (beaten)	2 T. melted butter
$\frac{1}{2}$ t. salt	

Beat egg yolks and mix with rice, seasonings, and salmon; add juice from salmon, then add stiffly beaten egg whites. Put in greased baking dish and set in shallow pan of water. Bake in a moderate oven (350° F.) for 45 minutes. Garnish with parsley and sliced lemon. Serve with tomato sauce. Approximate yield: 6 servings.

RICE AND GIBLETS

3 c. cooked rice	3 T. grated cheese or chopped celery
1 t. salt	2 c. chicken gravy or stock
	1 c. chicken giblets, minced

Reheat the rice in the chicken gravy about 10 minutes. Add salt and mix in the minced chicken giblets. Turn into a hot serving dish and sprinkle with grated cheese or finely chopped celery. Approximate yield: 6 servings.

CHICKEN CHOP SUEY WITH RICE

2 c. shredded cooked chicken	3 T. butter
1 c. shredded green pepper	1 c. shredded onions
2 c. shredded celery and leaves	2 c. bean sprouts (canned)
1 $\frac{1}{2}$ c. chicken broth	1 c. toasted almonds (if desired)
4 T. soy sauce	1 T. cornstarch

Melt the butter in the skillet. Put in the green pepper and the onion, and cook a few minutes, but do not brown. Add the meat and cook 5 minutes. Add celery, bean sprouts, and broth, reserving enough broth to make a paste with the cornstarch. Add the paste and cook gently for 10 minutes, stirring well and carefully, then stir in toasted almonds and soy sauce. Mushrooms may be added if desired. Serve with hot rice. Makes approximately 8 servings.

RICE RING WITH CHICKEN

1 c. rice	Salt and pepper
3 eggs	1 qt. creamed chicken
1 c. cream	

Boil rice. Add to cooked rice the seasoning, beaten eggs and cream. Bake in a well greased ring mold set in a pan of hot water. Turn from mold on to chop plate. Fill center with creamed mixture. Makes 10 to 12 servings.

Vegetable Cookery

GENERAL RULES FOR VEGETABLE COOKERY

All vegetables should be cooked quickly and only until tender in as small amount of water as possible, then served as quickly as possible after cooking. All vegetables may be cooked covered—this shortens the cooking time. Some authorities say that green vegetables should be cooked uncovered. The green color is retained better when the vegetables are cooked uncovered, especially when the cooking time is long; however, the vegetable will cook more quickly if covered.

When cooking *canned vegetables* use the liquid in which the vegetable was canned. If home canned, cook the vegetable at boiling temperature for 10 minutes before tasting or eating.

Frozen vegetables should be put on to cook while still frozen solid. Take care not to over-cook.

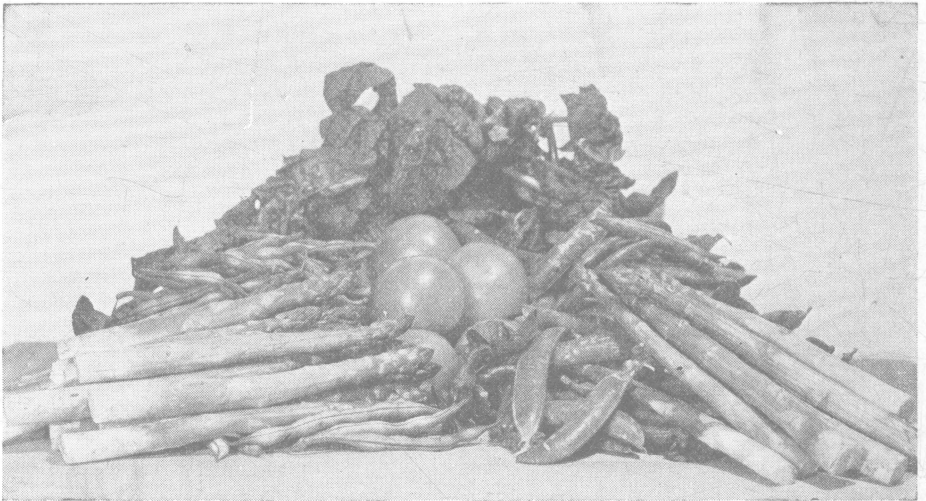


Fig. 13.—Young and tender vegetables, freshly picked, are most tasty.

Dried vegetables (except green leafy ones) should be washed, covered with cold water, and soaked for $\frac{1}{2}$ to 6 hours, or until plump. Cook until just tender in the same water in which they were soaked. Dried vegetables, after being soaked, may be prepared the same as the fresh vegetable.

Brined vegetables need to be refreshed before cooking. To each cup of the vegetables add 1 quart of hot water. Allow the vegetables to remain an hour or so, then pour off the water and cover once more with the same amount of hot water. Pour this off immediately. The vegetables are then ready for cooking or can be used without cooking for salads. Cook the same length of time as for fresh vegetables.

Vegetables which have been preserved in light brine or dry salt with fermentation require one soaking. Those which have been preserved in heavy brine or dry salt without fermentation require two soakings.

APPROXIMATE MEASURES AND NUMBER OF SERVINGS PER POUND OF VEGETABLES

Vegetable	Measure	Number of Servings
Asparagus	20 medium stalks	4
Beans, String	$\frac{3}{4}$ to 1 qt.	5 to 6
Beans, Lima, shelled	3 c.	6
Beans, Navy	$2\frac{1}{3}$ c. uncooked	8 to 10
Beets	6 small (1 bunch)	3 to 4
Beet greens	2 qts.	3
Broccoli	2 to 4 heads	3 to 4
Brussels sprouts	20 medium	5 to 6
Cabbage	$\frac{1}{2}$ small head	3 to 4
Cabbage, shredded, raw	4 to 5 cups	10 to 12
Carrots	6 to 8 small	3 to 4
Cauliflower	1 small head	3 to 4
Celery	1 medium stalk	4
Eggplant	1 medium	3 to 4
Kohlrabi	4 medium	4
Lettuce, head	2 medium	4 to 6
Lettuce, leaf	24 to 48 leaves	4 to 6
Onions, small	24 small	6
Onions, large	4	4
Parsnips	4 medium	4
Peas	1 qt. or 1 c. shelled peas	2 to 3
Potatoes, white	3 to 4 medium	3 to 4
Potatoes, sweet	3 medium	3 to 4
Radish	20 to 30 small	10
Salsify	8 or 1 to 2 bunches	4
Squash, winter	$2\frac{1}{2}$ c. or 1 c. cooked	2 to 3
Tomato, fresh	3 to 4 medium	3 to 4

METHODS COMMONLY USED FOR COOKING VEGETABLES

Au Gratin. — A French term which means “covered with crumbs.” Cheese may be added if desired, but the term au gratin does not apply only to dishes containing cheese.

Baked. — Vegetables are washed and placed on a pan or rack in a moderate or hot oven. Some vegetables may be peeled, diced, and cooked in a covered casserole in the oven. The casserole serves the same purpose as the skin of the vegetable in holding in steam to cook the vegetable.

Boiled. — Vegetables are washed and cooked in boiling water until tender. Cook with lid on, in lightly salted water, *only* until tender. Use as little water as possible.

Buttered. — Butter may be cooked with some boiled vegetables if no water remains after cooking to be drained off. The usual procedure is to heat boiled or steamed vegetables in butter or to pour melted butter over the hot cooked vegetable. About $1\frac{1}{2}$ to 2 T. butter per quart of cooked vegetable is a desirable amount of butter to allow. Dry, starchy vegetables such as potato and squash require the maximum amount.

Creamed. — Cooked vegetables, either whole or in pieces, are combined with white sauce. Half as much white sauce as vegetable, or equal amounts of white sauce and vegetable may be used. Medium white sauce is generally used, especially for watery vegetables. The sauce may be thinner for dry or starchy vegetables.

Fried. — Vegetables may be cooked in a small amount of fat in a frying pan, or cooked in deep fat in a deep fat frying kettle.

Croquettes. — Mashed or chopped cooked vegetable is combined with thick white sauce to form a consistency suitable for molding. After shaping mixture into servings, the mold is dipped in bread or cracker crumbs, then in egg, and again in crumbs, and fried in deep fat.

Fritters. — Cooked or finely divided raw vegetable may be combined with a stiff drop batter, or larger pieces may be covered with a thin batter and fried in deep fat.

Glazed or Candied. — Cooked whole carrots, onions, or sweet potatoes (or halves or quarters if vegetable is large) are baked or boiled in sirup made from brown sugar, water, and butter. The vegetable is basted with sirup while cooking, and is served in the sirup.

Panned. — This is a quick and easy top-of-stove way to cook many vegetables. For each quart of vegetable measured after being prepared for cooking, allow 2 tablespoons of fat.

Mashed. — Cook vegetable until tender, drain and shake over fire to get rid of the excess moisture. Thoroughly mash the vegetable. To each pint of vegetable add approximately 4 T. hot milk, 1 to 2 T. butter, and a little salt and pepper. Beat the mixture until it is light, and pile lightly in a hot serving dish.

Scalloped (from cooked vegetable). — Sliced or diced cooked vegetable or a combination of vegetables may be alternated with a medium white sauce in a baking dish. The food is then reheated and browned in the oven. Scalloped vegetables may be covered with buttered crumbs before browning. If desired, crumbs or finely broken crackers may be alternated with the vegetable in the baking dish, and white sauce may be poured over all.

Scalloped (from raw vegetable). — Fill baking dish with layers of sliced raw vegetable which are sprinkled with flour, salt, and pepper, and dotted with butter. Pour milk over the vegetable barely to cover. Bake in a moderate oven until vegetable is tender.

Soufflé. — Vegetable pulp is combined with thick white sauce, egg yolks, and stiffly beaten egg whites, and baked.

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BUTTERED OR CREAMED VEGETABLES

Follow general directions (see pages 75-76) for buttering and creaming all vegetables.

Natural foods provide greater health for the family
than too highly refined foods.

TIME TABLE FOR BOILED VEGETABLES

VEGETABLE	Time (Minutes)	VEGETABLE	Time (Minutes)
Asparagus	15-20	Corn	5-10
Beans, snap	20-30	Dandelion greens	10-20
Beans, lima	30	Kale	10-25
Beets, young	30-45	Okra	10-20
Beets, older	60-90	Onions	30-40
Broccoli	15-25	Parsnips	20-30
Brussels sprouts	15-25	Peas	10-20
Cabbage, shredded	5-10	Rutabaga	20-30
Cabbage, quartered	10-15	Spinach	5-10
Carrots, young	15-20	Summer squash	15
Carrots, older	20-25	Summer Hubbard	20
Cauliflower	10-15	Turnip greens	10-20
Celery	15-25	Turnips	15-20
Collards	20		

TIME TABLE FOR BAKED* VEGETABLES

VEGETABLE	Time (Minutes)	VEGETABLE	Time (Minutes)
Beets	45-60	Potatoes, Sweet	45-60
Carrots	30-45	Squash — Winter (cut into individual servings	45
Onions	30-60	Squash — acorn (halves)	30
Potatoes, Irish	45-60		

* Oven temperature 400° F.

TIME TABLE FOR BAKED VEGETABLE DISHES

Type of Dish	Oven Temperature (Degrees Fahrenheit)	Time (Minutes)
Au gratin	400	10-15
Scalloped — (cooked food)	350-400	15-30
Scalloped potatoes (uncooked)	350-375	60-90
Souffle (in pan of hot water)	325-350	30-45
Timbales (in pan of hot water)	325-350	30-45

TIME TABLE FOR FRIED VEGETABLES

Food	Temperature (Degrees Fahrenheit)	Time (Minutes)
Croquettes (cooked mixtures)	375-390	2-5
French fried (onions, potatoes, cauliflower)	385-395	6-8
Fritters	360-375	3-5

ASPARAGUS

ASPARAGUS WITH HOLLANDAISE SAUCE

Boil asparagus stalks until tender. Serve with Hollandaise sauce (p. 31).

SCALLOPED ASPARAGUS

To 1 quart cooked asparagus (cut in small pieces) add half as much medium white sauce, mixed with two egg yolks, salt, and pepper. Pour into greased baking dish and cover with buttered crumbs (see page 24). Bake at 350° to 400° F. until brown on top. Makes 8 to 10 servings.

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BEANS

DUTCH GREEN STRING BEANS

4 cups canned string beans or cooked green beans	½ c. onion, sliced Salt
3 slices bacon	Pepper

Cut bacon in small pieces, cook until crisp, and remove from the fat. Cook onion in the fat until slightly browned. Add beans, heat, and season to taste with salt and pepper. Turn into a hot vegetable dish and garnish with bacon. Makes approximately 6 servings, $\frac{2}{3}$ cup each.

BOSTON BAKED BEANS

1 pint navy beans	1 T. molasses or more
Cold water	3 T. sugar, if desired
¼ pound salt pork or less	½ c. tomato, if desired
2 t. salt	

Pick over and wash the beans, and soak them overnight in cold water. Simmer until skins begin to burst. Scald and scrape rind of the pork. Place ½ inch slice of pork in the bottom of the bean pot. Put the beans in the pot and bury the remaining pork in them. Mix seasoning with 1 cup of boiling water and pour over the beans, and add enough more boiling water to cover them. Cover the bean pot. Bake in moderate oven until done (6 to 8 hours). Uncover the pot during the last half hour to brown. Approximate yield: 6 servings, $\frac{2}{3}$ cup each.

SCALLOPED BEANS

2 c. dried beans or lima beans, cooked	4 T. flour ½ c. bread crumbs
¼ lb. salt pork, diced	2 c. water or meat broth
2 medium-sized onions, chopped	Salt and pepper to taste

Fry and brown salt pork, add onion, and brown. Add flour and meat broth and make sauce. Add sauce to cooked beans. Cover with crumbs and bake until heated through. Makes approximately 6 servings, $\frac{2}{3}$ cup each.

SOYBEAN CHILI

- | | |
|---------------------------|-----------------------|
| 1 lb. ground beef or pork | 1 T. chili powder |
| 1 chopped small onion | 1 c. water from beans |
| 2 c. tomato puree | 1 t. salt |
| | 3 c. cooked soybeans |

Brown the meat and onion in fat from the meat. Add all other ingredients except the soybeans and simmer slowly for $\frac{3}{4}$ hour. Add beans and continue cooking until they are thoroughly heated. Approximate yield: 6 servings, $\frac{2}{3}$ cup each.

SOYBEAN LOAF

- | | |
|---|------------------------------|
| 2 c. canned soybeans | 1 small onion—chopped |
| 1 c. cooked rice, macaroni, or
mashed potatoes | 1 T. lemon juice |
| 2 unbeaten eggs | $\frac{1}{2}$ t. celery seed |
| 2 T. tomato catsup | 1 t. salt |
| | $\frac{1}{2}$ t. pepper |

To the canned soybeans add the cooked rice. Mix with eggs and seasonings. Bake in a greased loaf pan in a moderate (375° F.) oven 40 minutes. The loaf can be sliced. Tomato sauce adds to flavor and appearance. Yield, 6 to 8 servings.



Fig. 14.—An attractive and healthful meal of garden vegetables.

BEETS

BAKED BEETS

Peel raw beets and slice thin. Place slices in layers in covered baking dish, seasoning each layer with salt, pepper, and butter. Add 1 to 2 tablespoons water. Cover dish tightly and bake until beets are tender.

HARVARD BEETS

Cook beets until tender, with skins, roots, and 1½ inches of stems left on. Drain, cover with cold water until skins can be slipped off easily. Dice beets, add to Harvard Sauce, and allow to stand in warm place for 15 to 20 minutes.

Harvard Sauce —

½ c. sugar	¼ c. water
1 T. cornstarch	¼ c. vinegar
2 T. butter	½ t. salt
Pepper	

Mix sugar and cornstarch, add liquid, and boil until thickened. Add butter and diced beets. This amount is enough for about two cups of finely diced beets.

PICKLED BEETS

Cook beets as under recipe for Harvard beets. Slice beets into a bowl, cover with mild vinegar, add a small amount of sugar and whole cloves. Let stand before serving.

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CABBAGE

FIVE-MINUTE CABBAGE

3 c. milk	3 T. flour
2 quarts shredded cabbage	3 T. fat

Heat the milk, add the shredded cabbage, and simmer about 2 minutes. Mix the flour and melted fat. Add to this blended flour and fat, a little of the hot milk. Stir into the cabbage and cook for 3 or 4 minutes, stirring all the while. Season to taste with salt and pepper. Serve at once. Makes about 8 servings.

SCALLOPED CABBAGE AND TOMATOES

Fill baking dish with alternate layers of cooked cabbage and canned tomatoes. Season layers with salt, pepper, and butter. Cover with buttered crumbs and bake until crumbs are brown.

CABBAGE AU GRATIN

Follow same directions as given in Cauliflower au Gratin below.

CARROTS

Carrots cooked in their skins are sweeter than when cooked after scraping. When tender plunge into cold water and remove skins. Add butter or white sauce, and heat.

CARROTS WITH PARSLEY BUTTER

Season cooked carrots with Parsley Butter.

Parsley Butter —

4 T. butter 2 T. lemon juice 2 T. finely chopped parsley

Melt or cream butter, and add the lemon juice; add parsley just before pouring dressing over vegetable. *Or*, add dressing to vegetable and sprinkle parsley over the vegetable just before serving.

MASHED CARROTS AND POTATOES

Cook equal quantities of carrots and potatoes. Put through ricer and season with salt, pepper, butter, and cream or milk.

GLAZED CARROTS

6 large carrots or equivalent $\frac{1}{2}$ c. brown sugar
 $\frac{1}{4}$ c. butter or bacon or ham fat $\frac{1}{4}$ c. hot water

Cook carrots until about half done, then remove skins and slice lengthwise. Place in shallow pan and cover with sirup made of butter, sugar, and water. Bake until tender and brown, basting occasionally. Yield: 6 servings.

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CAULIFLOWER

CAULIFLOWER AU GRATIN

Fill baking dish with cooked cauliflower. Pour on medium white sauce ($1\frac{1}{2}$ cups for a medium head of cauliflower), and season with salt and paprika. Cover with buttered crumbs, and bake until crumbs are brown. Approximate yield: 6 servings.

Two-thirds cup grated cheese may be added to white sauce if desired.

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CELERY

SCALLOPED CELERY

1 c. medium white sauce 2 c. diced cooked celery
1 T. onion juice or scraped onion 3 T. grated cheese
Salt and pepper Buttered crumbs

Put celery in layers in baking dish, adding seasonings, grated cheese, and white sauce to each layer. Cover with buttered crumbs and bake in moderate oven (350° F.) until crumbs are brown. Yield: 4 to 6 servings, $\frac{1}{2}$ cup each.

Variation: $\frac{1}{2}$ cup shredded almonds may be substituted for the cheese.

CORN

CORN ON THE COB

Remove husks from corn as nearly as possible to time of cooking corn. Plunge into boiling water and cook 5 to 10 minutes. Remove at once from water and keep hot by folding in napkin.

CORN CUSTARD

2 c. raw <i>or</i> canned corn	2 T. melted butter
2 eggs, slightly beaten	1 T. green pepper or pimiento, if desired
1 t. salt	2 c. milk, scalded
$\frac{1}{4}$ t. pepper	

Mix all ingredients. Pour into a greased dish, set in pan of hot water. Bake like a custard in a moderate oven (325° F.) until firm. Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

CORN FRITTERS

1 egg, beaten	1 $\frac{1}{4}$ c. flour
$\frac{3}{4}$ c. milk	2 t. baking powder
1 c. corn	$\frac{1}{4}$ t. salt

Sift dry ingredients together. Add milk to egg. Add dry ingredients and corn, and mix well. Drop by spoonfuls into deep fat (360° to 375° F.) until well browned. Drain on paper. Makes about 16 fritters.

Note: Other cooked and chopped vegetables may be substituted for the corn.

CORN AND SAUSAGE

2 c. corn	3 eggs
2 c. sausage	1 t. salt

Brown and cook the sausage; add corn and salt. Beat eggs and add, stirring and cooking until thick. Serve on platter with slices of beet. Makes approximately 6 servings, $\frac{1}{2}$ cup each.

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EGGPLANT

BREADED EGGPLANT

Beat egg slightly, adding 1 T. water or milk. Peel and slice eggplant in $\frac{1}{2}$ -inch slices. (If flabby, soak in ice water for an hour, then wipe slices dry). Dip slices in bread crumbs, then in egg, and again in crumbs. Fry in fat until browned. Season with salt and pepper.

EGGPLANT CASSEROLE

Peel and slice eggplant. Arrange slices in baking dish, alternating with sliced tomatoes. Season layers with salt, pepper, butter, and grated cheese, if desired. Bake at 350° to 400° F. until eggplant is tender (30 to 45 minutes).

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GREENS

Beet tops, chard, dandelion, spinach, and other greens require careful washing to remove grit. Warm water will remove grit more quickly. After removing roots, heavy stems, and undesirable leaves, wash leaves through several waters, lifting

leaves from one pan to another in order to empty sand or other material which settles to bottom of pan. Continue washing as long as grit is present.

Cook in a small amount of water only until tender. Season with salt, pepper, and butter. Bacon fat instead of butter, and a small amount of onion, may be used to season the greens if desired.

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MUSHROOMS

SAUTÉED MUSHROOMS

1 lb. fresh mushrooms	$\frac{1}{2}$ t. salt
2 T. minced onion	$\frac{1}{8}$ t. pepper
4 T. butter	1 t. lemon juice

Wash mushrooms thoroughly, scrubbing with a soft brush to remove soil. Do not peel. Cut off a thin slice from stem end. Then slice mushrooms crosswise into $\frac{1}{8}$ -inch slices. Meanwhile, saute onion in butter in a covered skillet for 10 minutes over low heat. Add sliced mushrooms; cover, and saute over medium heat, stirring occasionally, for 10 minutes. Turn off heat, and allow mushrooms to stand, covered, for 4 or 5 minutes to absorb the juice in the pan. Sprinkle with salt, pepper, and lemon juice, and toss lightly with fork. Serve with or without toast. If whole mushrooms are used, saute as above for 12 minutes instead of 10 minutes. Makes approximately 6 servings.

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ONIONS

STUFFED ONIONS

Remove outer skins from medium sized whole onions. Cook in boiling salted water until tender. Scoop out center, leaving shell $\frac{1}{2}$ inch thick. Chop onion which was removed, mix with bread crumbs, salt, pepper, finely diced crisp bacon, and water or meat stock to moisten. Refill shells. Cover with buttered crumbs and cook in oven at 400° F. until browned.

GLAZED ONIONS

Remove outer skins from medium sized whole onions. Boil in salted water until almost tender. Place onions in shallow pan and cover with sirup made from $\frac{1}{4}$ c. butter, $\frac{1}{2}$ c. brown sugar, and $\frac{1}{4}$ c. hot water. Bake until tender and slightly browned, basting occasionally.

FRENCH FRIED ONIONS

Remove outer skins from onions. Slice crosswise into $\frac{1}{4}$ -inch slices, and separate slices into rings. Dip them in milk, drain, and dip in flour. Fry until crisp and brown in deep fat (385° to 395°). Drain on paper to remove excess fat. Season with salt.

A batter made from 1 c. flour, 1 c. milk, 1 egg, and $\frac{1}{4}$ t. salt may be used instead of milk and flour for dipping onion rings before frying.

ONIONS IN CREAM

Cook small whole onions in water until almost tender. Drain, add seasonings and cream. Simmer in cream until onions are tender.

PARSNIPS

PARSNIPS IN CREAM

Cook parsnips until almost tender. Cut in half lengthwise and remove core. Roll halves in flour and sauté in butter until brown. Season with salt and pepper. Add cream and simmer gently until cream is slightly thickened from flour which was used for dipping parsnips. Serve in vegetable dish, pouring over the parsnips the cream dressing.

BREADED PARSNIPS

Dip slices or halves of cooked parsnips in crumbs, then in egg, and again in crumbs. Brown in deep fat or shallow fat in a frying pan. Serve as a border for pork roast, pork chops, spare ribs, or ham.

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PEAS

Peas have more flavor if cooked in a small amount of water. Add boiling water occasionally if necessary to prevent scorching. A very small amount of water remaining on the peas at the end of the cooking period may be served with the peas. Season with butter, salt, and pepper. Cream may be added and peas served in individual vegetable dishes.

Other vegetables such as new potatoes, cauliflower, turnip cubes, or carrot cubes may be buttered or creamed with peas. Turnip cups filled with buttered peas are attractive, especially for vegetable plates.

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PEPPERS

STUFFED PEPPERS

Wash peppers and remove stems and seeds. Stuff with one of following fillings:

Suggested fillings for peppers:

Cooked rice, chopped cooked meat or sausage, tomato sauce, and seasonings.

Cooked macaroni or rice, white sauce to moisten, grated cheese.

Finely diced crisp bacon, stale bread crumbs, tomato juice to moisten, seasonings.

Cover stuffed peppers with buttered crumbs and bake in a moderate oven (350° to 375° F.) until peppers are tender and crumbs browned.

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POTATOES

STUFFED BAKED POTATOES

Cut baked potatoes in half lengthwise. Remove pulp, wash it, and season with milk, butter, and salt. Refill cases and bake until delicately browned on top.

Variations:

1. Grated cheese may be added to pulp or may be sprinkled on top.
2. Ground ham or other cooked meat may be added to potato.
3. Beaten egg may be added to potato with seasonings.
4. Sprinkle top with paprika or finely chopped parsley when ready to serve.

BROWNED POTATOES OR POTATO BALLS

Cook medium sized whole potatoes or small potato balls until tender. Drain. Brown in butter or deep fat.

SCALLOPED POTATOES (RAW)

Pare the potatoes and slice them into $\frac{1}{8}$ - or $\frac{1}{4}$ -inch slices. Arrange slices in greased baking dish in layers, sprinkling each layer lightly with flour and seasoning with salt, pepper, and butter. Pour on milk barely to cover. Bake in moderate oven (350° to 375° F.) until potatoes are tender (about $1\frac{1}{2}$ hours).

Note: A thin white sauce may be made with the milk and flour.

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SPINACH

SPINACH WITH CREAM SAUCE

Pour 1 cup cream sauce (p. 34) or cheese sauce (p. 32) over 2 cups of cooked chopped spinach in serving dish.

SPINACH SOUFFLÉ

4 T. butter	1 c. milk
4 T. flour	3 eggs
$\frac{1}{4}$ t. salt	1 c. chopped spinach pulp
Pepper	

Make white sauce from butter, flour, seasonings, and milk. Separate eggs. Add beaten yolks and spinach pulp to white sauce, then fold in stiffly beaten egg whites. Fill buttered baking dish half full of mixture, place dish in pan of hot water, and bake in moderate oven (350° to 375° F.). Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

BAKED SPINACH AND EGGS

6 eggs	2 T. butter	4 c. cooked spinach
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Turn spinach into a greased shallow pan. With bowl of a spoon make six depressions. Break an egg into each depression, dot with butter, season, cover and bake until eggs are set. Makes 6 servings.

LUNCHEON SPINACH

6 hard-cooked eggs	$\frac{1}{2}$ c. finely minced onion
3 c. chopped cooked spinach	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ to 1 c. boiled or baked ham, minced	1 T. butter
	1 c. medium white sauce

Spread one-half of the spinach in a greased baking dish, then the minced ham, minced onion, the sliced hard cooked eggs, the white sauce, and remainder of the spinach. Cover with buttered crumbs, re-heat in oven and serve. Makes approximately 6 servings.

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SQUASH

SQUASH BAKED IN CREAM

Pare squash and cut into uniform pieces. Put in buttered baking dish and season with salt and pepper. Add cream to within $\frac{1}{2}$ inch of top of squash. Bake slowly in oven at 350° to 375° F. until squash is tender.

BAKED SQUASH WITH SAUSAGE LINKS

Cut small squash in half. Place a link of sausage in each half. Bake in oven at 425° F. until squash is tender and sausage is done and browned.

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TOMATOES

BROILED TOMATOES

Slice firm (not over-ripe) tomatoes into slices $\frac{1}{2}$ to 1 inch in thickness. Place on baking sheet or shallow pan; add seasonings, and heat in broiler until hot and lightly browned. Remove to serving dish with wide spatula or pancake turner.

SCALLOPED TOMATOES

4 c. tomatoes	1 $\frac{1}{2}$ c. dry bread crumbs or broken
1 t. salt	crackers
1 t. onion, if desired	3 T. melted fat

Grease a baking dish. Add alternate layers of seasoned tomatoes and bread crumbs. Cover with crumbs and bake until brown. Approximate yield: 8 servings, $\frac{1}{2}$ cup each.

BAKED TOMATOES AND ONIONS

2 c. tomatoes	1 t. salt
2 c. sliced onion	Pepper
1 T. flour	1 T. butter
$\frac{1}{2}$ T. sugar	

Place the onions in a buttered baking dish. Blend the flour, sugar, and seasonings with the tomatoes and pour over the onions. Cover and bake in a slow oven until the onions are tender. Approximate yield: 6 servings.

STUFFED BAKED TOMATO

Select firm (not over-ripe) tomatoes of uniform size. Cut off stem end and scoop out center, leaving a wall $\frac{1}{2}$ to $\frac{3}{4}$ inch in thickness. Add bread crumbs, seasonings, and crisp, diced bacon to tomato pulp. Refill cases and cover with buttered crumbs. Place tomatoes on shallow pan. Bake in moderate oven (350° to 375° F.) until tomato wall is tender. Avoid over-cooking, as it will cause collapse of tomatoes. Remove to serving dish with wide spatula or pancake turner.

FRIED GREEN TOMATOES

Slice green tomatoes in $\frac{1}{2}$ -inch slices. Dip slices in flour or in egg and crumbs. Add seasonings and fry until brown in butter or bacon fat.

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TURNIPS

STUFFED TURNIP CUPS

Select turnips of uniform size. Pare and cook whole until tender. Remove centers, leaving a cup with $\frac{1}{2}$ -inch walls. Mash the turnip which was removed; add seasonings, bread crumbs, and finely diced crisp bacon (about $\frac{1}{2}$ c. per 6 medium turnips). Fill cups, cover with buttered crumbs, brush melted butter over surface of turnips, and brown in moderate oven (350° to 375° F.).

CREAMED TURNIPS AND CARROTS

2 c. cooked diced carrot 2 c. cooked diced turnip
Or 2 c. green peas 2 c. medium white sauce

Cook the vegetables separately and combine with the white sauce. Approximate yield: 8 servings, $\frac{1}{2}$ cup each.

MASHED TURNIPS

Turnips may be mashed as potatoes.

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VEGETABLE CASSEROLE

3 medium-sized raw potatoes, diced 1 small onion, diced
1 c. cooked lima beans 1 T. chopped parsley
1 c. cooked rice $\frac{1}{2}$ green pepper, chopped
 $\frac{1}{3}$ c. diced celery 2 c. cooked or canned tomatoes

Place potatoes in bottom of greased baking dish, add lima beans and rice, which have been cooked in meat broth; then add celery, onion, parsley, and green pepper which have been mixed together. Pour on tomatoes. Season with butter, pork, or beef fat. Bake in moderate oven (350° to 375° F.) about 1 hour. Makes approximately 8 servings.

VEGETABLE PLATES

Vegetable plates should be made up of at least three vegetables and preferably more than three. A few general suggestions for planning and arranging vegetable plates may make possible attractive and palatable combinations of vegetables.

Vary the Form. — Long forms may be provided by whole green or wax beans, asparagus stalks, small ears of corn, carrots or carrot strips, raw celery (plain or cheese-filled), and broccoli. Whole rounded forms may be provided by potatoes, onions, turnips, beets.

Numerous vegetables may be diced or cut into short lengths. Such vegetables form irregular mounds when served on a vegetable plate. Small whole vegetables such as peas, fresh lima beans, and corn kernels yield mounds on the plate which are similar to diced vegetables and to cooked greens. Too many such forms make for monotony in arrangement.

Vary the Color. — Several colors which harmonize give a more attractive plate than when too much repetition of color occurs.

Vary the Texture. — Combine soft, firm, and crisp textures in pleasing variety.

Vary Methods of Preparation and Consistencies. — Care must be used in placing creamed, scalloped, and stewed vegetables on a plate. Often ramekins are necessary for serving vegetables so juicy that they flow into adjacent vegetables. Too many preparations of the same kind tend toward monotony in flavor and appearance. Buttering is always a desirable method for preparing vegetables, and permits the distinctive flavor of the vegetable to predominate more than in most other methods of preparation. The use of buttered vegetables exclusively, however, is to be avoided.

Use Care in Combining Flavors. — Not more than one vegetable of the cabbage family should be on the plate because of similarity in flavor of all such vegetables. Too many weak or neutral flavors are to be avoided, as well as too many strong flavors. Avoid too many root or starchy vegetables on one plate.

SUGGESTIONS FOR VEGETABLE COMBINATIONS

Creamed cauliflower (center), slices of raw tomato, buttered spinach, buttered carrot strips, latticed potatoes (deep-fat fried).

Buttered spinach, stuffed baked tomato, scalloped potatoes, celery stalks stuffed with cheese.

Buttered green lima beans, stewed tomatoes in dish, stuffed baked potato, buttered onions.

Buttered asparagus tips, Harvard beets in dish, browned potato, scalloped corn.

Broccoli with Hollandaise sauce, broiled tomatoes, creamed potato in ramekin, buttered diced carrots.

Turnip cup filled with buttered peas, buttered whole wax beans, potato with cheese, buttered chard, tomato, and celery salad.

Baked potato, buttered carrots and peas, baked spinach and egg, creamed cabbage.

Escalloped cabbage and cheese, mashed potato, Harvard beets, lima beans.



Salads and Salad Dressings

Let your book of health contain vegetable leaves.



HE success of the salad depends upon careful preparations; upon the cooling and draining of the ingredients; upon arranging them attractively; upon using the type of dressing best suited to the salad; and upon serving a salad suited to the menu and the occasion.

Foundations for Salads. — While some variety of lettuce is the usual base or foundation for salads, numerous other greens may be used — cabbage, Chinese cabbage, celery leaves, endive, spinach, watercress, parsley, chicory, nasturtium, or dandelion leaves. Irregular or cup-shaped leaves are more attractive than flat leaves. Lettuce and cabbage may be shredded, if desired.

Attaining and Keeping Crispness and Flavor in Salad Greens. — Wash vegetables very thoroughly, cut off stem end, and let them stand in cold water; drain, and place in a cloth bag or wrap in a towel, and put in a cool place until ready to serve.

If necessary to freshen, do not let the vegetables stand in cold water more than 20 minutes. In the case of cabbage or head lettuce, the head may be placed in cold water for a few minutes.

Do not shred cabbage more than an hour before serving. Cover with a damp cloth or oil paper and put in a cool place.

To Prepare and Combine Materials. — Put together only those foods which go well together because of their suitability of flavor, texture, and color.

Soft materials and those easily cut with a fork, such as soft fruits and potatoes, should be left in large pieces. Meat should be cut across the grain and then be broken or cut into cube-like pieces. Fish should be boned and flaked. Hard-cooked

eggs may be sliced, chopped, or the yolk and white separated and used as garnish. The yolks may be pressed through a coarse sieve. Cheese may be rubbed through a sieve or grated. Firm vegetables may be cut in attractive shapes — sections, wedges, dice, slices, circles, strips. Small fruits or vegetables are left whole. In using canned vegetables for salads it is safer to boil the vegetables for 10 minutes, then chill, rather than use food directly from can. Examine all canned foods carefully before using.

Avoid using too many foods in one salad.

A sprinkling of lemon juice helps apples, pears, and bananas to keep their fresh color. Juicy fruits should be well drained before combining in the salad.

Combine ingredients just before serving except in making meat and potato salads, which are usually better if allowed to stand in contact with salad dressing for an hour or more before serving. If a cooked salad dressing, mayonnaise, or sour cream dressing is to be combined with any salad, it should be done at the last possible minute before serving so that the dressing will not draw the juices from the ingredients.

Vegetables, fish, and meat salads are improved in flavor by marinating with French dressing. Put ingredients in a bowl. Pour French dressing over them. Toss all ingredients together lightly. See to it that every little piece gets its share of dressing. Add the top dressing, and garnish just before the salad goes to the table.

Attractive garnishes make the salad itself irresistible. Watercress, parsley, curled celery, radish roses, pickle fans, red and green pepper rings, hard-cooked eggs, beets cut in fancy shapes, may be used for the vegetable or meat salad; and cherries, cocoanut, jelly cut in small cubes, mint sprigs, nuts, cheese in balls or shaped as tiny vegetables or fruits, whipped cream, etc., for the fruit salad. A small amount of vegetable coloring, if used carefully, may add to the attractiveness of both vegetable and fruit salads.

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UNCOOKED SALAD DRESSINGS

FRENCH DRESSING (Foundation Recipe)

$\frac{1}{2}$ t. salt	3 to 4 T. lemon juice or vinegar
1 t. sugar	$\frac{3}{4}$ c. salad oil
$\frac{1}{8}$ t. paprika	

Mix all ingredients and beat until thick just before using. Approximate yield: 1 cup.

Variations:

Combine $\frac{1}{4}$ c. tomato catsup with the foundation recipe.

Combine $\frac{1}{4}$ t. mustard, $\frac{1}{8}$ t. Worcestershire sauce, $\frac{1}{2}$ t. onion juice, and 2 drops Tobasco sauce with foundation recipe.

Add a slice of onion to the jar of French dressing.

Decrease vinegar or lemon juice by 1 T. Add 3 T. pineapple juice and $\frac{1}{4}$ c. orange juice to foundation recipe. This dressing is particularly good for fruit salads.

Add $\frac{1}{4}$ c. crumbled Roquefort cheese to foundation recipe. Serve on lettuce salad.

MAYONNAISE DRESSING

$\frac{1}{4}$ t. salt	1 egg yolk*	2 T. vinegar or lemon juice
$\frac{1}{8}$ t. paprika		Or 1 T. each vinegar and lemon
f.g. sugar		juice
$\frac{1}{4}$ t. mustard		$\frac{3}{4}$ to 1 c. salad oil

Mix dry ingredients; add the egg yolk and mix well; add the acid and 1 T. oil. Beat thoroughly with rotary egg beater until a good emulsion is started. Add another tablespoon of oil and continue beating. Continue adding oil by tablespoons until about half the oil is in and the dressing thickening. The oil may then be added more rapidly, but the dressing should be beaten well after each addition of oil. Approximate yield: $1\frac{1}{2}$ cups.

Variations:

Add $\frac{1}{2}$ c. whipped cream to foundation recipe.

Combine equal parts mayonnaise and cooked salad dressing.

Russian Dressing — Add $\frac{1}{4}$ to $\frac{1}{2}$ c. chili sauce to foundation recipe.

Thousand Island Dressing. — To foundation recipe add 4 to 6 T. chili sauce and $\frac{1}{2}$ c. chopped pickles, stuffed olives, celery, and green pepper. Other chopped ingredients may be used in place of part or all of above ingredients. Hard-cooked egg and nuts are sometimes used, but nuts should be added just before serving, as they tend to turn the mixture dark. $\frac{1}{4}$ c. whipped cream may be added, if desired.

CREAM DRESSING

$\frac{3}{4}$ c. cream	3 T. sugar	2 t. salt
$\frac{1}{4}$ c. vinegar		f.g. paprika

Add salt, sugar, and paprika to the vinegar. Add this mixture slowly to the cream, beating thoroughly until well blended. Sweet or sour cream may be used. Approximate yield: 1 cup.

COOKED SALAD DRESSINGS

FRUIT SALAD DRESSING

2 T. sugar	$\frac{1}{4}$ c. lemon juice
1 T. flour	2 egg yolks
$\frac{1}{2}$ c. maple syrup or honey	$\frac{1}{2}$ c. whipped cream

Measure sugar and flour, put in top of double boiler, mix well. Add the syrup slowly, stirring it in carefully to prevent lumping. Cook over hot water, stirring constantly until the mixture thickens, then stir only occasionally. Cook 10 minutes.

Remove from heat. Stir in lemon juice and beaten egg yolks. Return to double boiler and cook 2 minutes longer. Cool mixture by putting cold water in lower part of double boiler. When cold fold in whipped cream. Approximate yield: $1\frac{1}{2}$ cups.

BACON DRESSING

4 slices bacon diced	1 T. sugar
$\frac{1}{2}$ small onion chopped (if desired)	1 t. salt
$\frac{1}{4}$ c. vinegar	f.g. paprika

Fry bacon, add onion and cook until tender. Add remaining ingredients. Beat and pour over salad ingredients. Approximate yield: $\frac{1}{4}$ cup.

* The whole egg may be used. In this case additional oil will have to be added.

CREAM SALAD DRESSING

1 t. salt
 $\frac{3}{4}$ t. mustard
 $\frac{1}{4}$ t. paprika
4 T. sugar
4 T. flour

2 eggs
 $\frac{1}{4}$ c. vinegar
 $\frac{1}{4}$ c. water
 $1\frac{1}{2}$ c. cream

Mix dry ingredients. Add cream gradually to dry ingredients and stir until smooth. Beat egg slightly in top of double boiler and add cream mixture to eggs. Place top of double boiler over hot water; combine vinegar and water and add slowly to egg and cream mixture. Cook until thickened, stirring constantly to prevent lumping. This dressing is of good consistency to use. Sour cream may be used, but it should not be "off" flavor. Approximate yield: 2 cups.

SALAD DRESSING (Cream added)

2 eggs
1 t. salt
 $\frac{3}{4}$ to 1 t. mustard
 $\frac{1}{8}$ t. paprika

3 T. sugar (or less)
4 T. flour
 $1\frac{1}{4}$ c. water
 $\frac{1}{4}$ c. vinegar

Mix dry ingredients; add water and vinegar gradually. Beat eggs slightly in top of double boiler. Add the vinegar mixture. Cook in top of double boiler until thick, stirring constantly. When cool or when ready to serve, mix with $\frac{1}{2}$ cup sour or sweet cream—makes a pint when diluted.

Variations at the time of using—add a finely minced hard cooked egg, a finely cut pimento or pepper, 1 minced olive, and 2 T. minced celery; or add to the foundation recipe $\frac{1}{4}$ cup chili sauce or India relish.

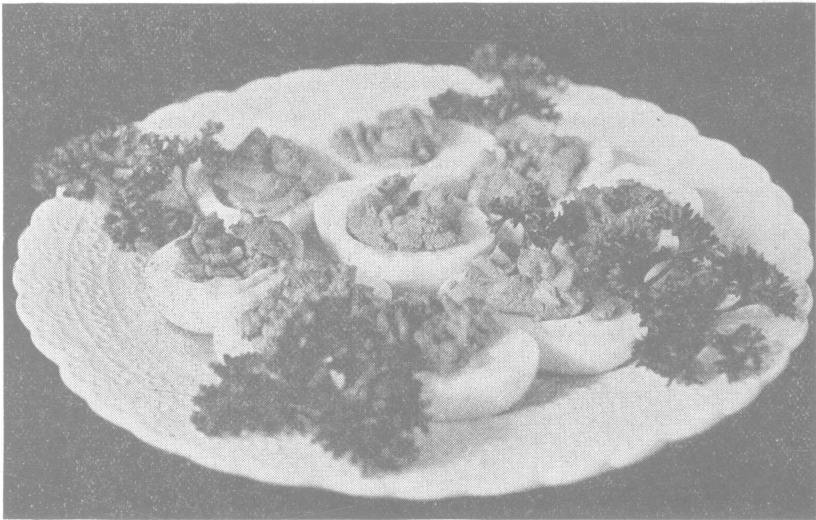


Fig. 15.—Deviled eggs make an attractive salad.

COOKED SALAD DRESSING No. 2

2 t. salt	2 eggs
1 ½ t. mustard	1 ½ c. milk
¼ t. paprika	¼ c. vinegar
4 T. flour	2 T. butter
3 T. sugar or less	

Mix dry ingredients and blend with melted butter. Add vinegar mixture and cook about 10 minutes. Cool slightly, add slowly to the beaten eggs, stirring constantly to prevent curdling. Return to double boiler and cook 3 minutes. If not smooth, strain. Put away in a clean, covered jar. When ready to use, thin with plain or whipped cream. Cream may be substituted for the milk in the above recipe. When cream is used, omit butter. Yield: 1 ½ to 2 cups.

Variations:

Fold into foundation recipe ¾ c. whipped cream.

Substitute ½ c. pineapple juice and ¼ c. orange juice for the milk, and lemon juice for vinegar (if desired). This dressing is for fruit salads and is improved by the addition of ½ to ¾ c. whipped cream.

Dilute with ½ to ¾ c. cream or buttermilk to give thin enough consistency to mix with salad ingredients. Potato salad, cabbage salad, and some combination vegetable salads have better flavor if combined with dressing rather than having a small amount of dressing served on the salad.

Add ¼ c. chopped mixed pickle to dressing.



SUGGESTED SALAD COMBINATIONS

FRUIT SALADS

Apple, cabbage, carrots	Grapefruit, orange
Apple, raisin, nuts	Peaches, melon, pears, berries
Apples, cherry, celery, nuts	Pear, mint gelatin cubes
Apples, carrots	Pineapple, peach, red cherry,
Apple, pears, celery, almonds	strawberry
Cantaloupe, fresh peach, plums	Pears, peaches, and cottage
Cantaloupe, watermelon	cheese



VEGETABLE SALADS

CARROT:

Grated, raw or cooked	Carrots, raisins
Carrots, peas	Carrots, cabbage
Carrots, celery or cabbage, nuts	Carrots, nuts

BEETS:

Beets, potato	Beets, stuffed with cabbage
Beets, peas	or celery
Beets, endive	Beets, pickled onions

GREEN LEAVES:

Lettuce, plain or shredded or in	Endive, cucumber, egg
combination with other greens	Water cress, egg
Romaine, cucumber	Celery tops

VEGETABLE SALADS (Continued)

PEAS:

Peas, carrots	Peas, potato, celery
Peas, string beans	Peas, celery, cheese

BEANS:

String beans, celery or cabbage	Lima beans, celery
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ASPARAGUS:

Asparagus, pimiento	Asparagus, egg
Asparagus, tomatoes	

CAULIFLOWER:

Cauliflower, carrots, celery or pepper

CABBAGE:

Cabbage	Cabbage, celery, pimiento or pepper in gelatin
Cole slaw	Cabbage, celery, cheese
Cabbage, tomato	Cabbage, green peppers, escarole
Cabbage, celery	Cabbage, carrots, nuts
Cabbage, apples, nuts	Cabbage, raisins
Cabbage, pineapple	
Cabbage, bananas	

POTATO:

Potato, carrot, celery or green pepper, hard cooked egg
Potato, cucumber, green pepper or celery, hard cooked egg
Potato, parsley or peas, raw carrots

TOMATO:

Tomato, whole, sliced, or cut in sections	Tomato, cucumber, onion if desired
Tomato, cabbage	Tomato, stuffed with meat or fish salad
Tomato, celery	Tomato aspic, plain or with vegetables
Tomato stuffed with cottage cheese	

CHEESE SALADS

Cream cheese and pears	Cottage cheese, celery and nuts
American cheese—pineapple	Cottage cheese, prunes
Cottage cheese, tomato	Am. cheese, celery, peas, pickles

MEAT SALADS

Chicken, celery, hard cooked egg	Ham, cabbage
Chicken, celery, apple	Ham, apple, celery
Chicken, celery, carrots, peas	Veal, celery, hard cooked egg
Tongue, tart apple, celery	

EGG SALADS

Egg, tomato	Egg, celery, tomato
Egg, water cress	Egg, celery, olives

SALAD BOWLS

Salad greens are favorites for the salad bowl. These are chopped not too finely and they may be served alone or combined with fruit, vegetables, or meats.

SOME SALAD RECIPES

RELISH PLATE

The simplest salad is that which can be served as a relish without a dressing or garnish.

Turnips, rutabagas, carrots, cabbage, kohlrabi, peppers, celery, cauliflower, radishes, tomatoes may all be served raw on a relish plate.

VITAMIN SALAD

Raw spinach
Lettuce

Chopped raw carrots
Green onions

Take equal parts of raw spinach and lettuce, wash thoroughly, dry and crisp. Roll the leaves of both greens and cut into the finest shreds possible. Wash, scrape, and grate the carrots. Use one-third as much carrots as spinach and lettuce combined. Cut fresh green onions or Spanish onions in very thin strips or slices. Mix lightly and use either French or cream dressing.

CARROT SALAD

2 c. carrot (coarsely ground)
 $\frac{1}{4}$ c. sugar

1 lemon ground, using all but seeds

Mix the above ingredients. Chill thoroughly. Serve on lettuce alone or with one-half of a canned pear or peach, slice of pineapple or a slice of apple.

LETTUCE ROLL SALAD

Spread lettuce leaves with thin layer of cottage cheese or cream cheese mixed with half as much chopped cooked ham and one-fourth as much chopped sweet pickle and cheese. Roll leaves as for making jelly roll. Chill. Slice in 1-inch lengths, serving several slices on a lettuce leaf with mayonnaise.

POTATO SALAD

3 c. cold diced potato
1 c. diced celery or cucumber
2 hard-cooked eggs, diced

Salt

1 c. cooked peas or raw carrot (if desired)
1 t. onion juice

Marinate potato. Add other ingredients and salad dressing. Mix lightly with a fork. Approximate yield: 8 servings, $\frac{1}{2}$ cup each.

CHICKEN SALAD

1 c. diced cooked chicken
 $\frac{1}{2}$ c. diced apple or pineapple
or white grapes
 $\frac{1}{2}$ c. diced celery

1 T. pickle, sliced or diced
Mayonnaise or cooked salad dressing
to moisten

Dice chicken, fruit, and celery; chill, moisten with salad dressing, and serve in cup shaped leaves of lettuce. Add diced pickle on each serving. Approximate yield: 4 servings, $\frac{1}{2}$ cup each.

STUFFED EGG SALAD

6 hard cooked eggs	1 T. chopped onion
1 c. chopped spinach	$\frac{1}{2}$ t. salt
2 T. mayonnaise	

Cut eggs lengthwise and remove yolks. Stuff whites with mixture of spinach, onion, salt, and mayonnaise. Rub egg yolks through a sieve and sprinkle over the tops of filled eggs. Serve on lettuce. Yield: 6 servings, 1 egg each.

MEAT SALAD SERVED IN FRUIT RING

Fruit Ring:

2 level T. gelatin	2 c. orange or grapefruit juice
$\frac{1}{2}$ c. cold water	or juice and quartered fruit
1 c. boiling water	$\frac{1}{4}$ c. sugar
	1 T. lemon juice

Soak gelatin in cold water about 5 minutes. Dissolve in boiling water. Add fruit juice and sugar, and stir until sugar is dissolved. Pour into individual ring molds or one large ring mold. Add sections of fruit and chill. Serve on lettuce. Fill center with meat salad.

Meat Salad:

2 c. diced meat (chicken, pork, veal, or ham)	1 c. diced celery
	$\frac{1}{4}$ c. diced pickle

Combine meat, celery, and pickle with tart cooked salad dressing or mayonnaise. Fill into center of fruit ring, and garnish with parsley. Recipe makes 10 to 12 servings.

FISH SALAD SERVED IN TOMATO JELLY RING

Tomato Jelly Ring:

Use tomato jelly salad recipe (p. 84), pouring into individual ring molds or one large ring mold. When set, turn out on lettuce and fill center with fish salad.

Fish Salad:

2 c. flaked fish	1 c. diced celery
$\frac{1}{4}$ c. chopped or sliced pickle	

Combine fish, celery, and pickle with tart cooked salad dressing or mayonnaise. Fill into center of tomato jelly ring. Recipe makes 10 to 12 servings.

TOMATO JELLY SALAD

3 c. canned tomatoes, stewed and strained	1 t. sugar
2 T. granulated gelatin, soaked in $\frac{1}{2}$ c. cold water	1 t. salt
	Lettuce
	Mayonnaise

Add sugar, salt, and gelatin to hot strained tomato. Strain into small cups. Chill. Run knife around inside of molds so that when taken out, shapes may suggest fresh tomatoes. Serve on lettuce with mayonnaise. Approximate yield: 6 molds, $\frac{1}{2}$ cup each.

GOLDEN GLOW SALAD

2 T. granulated gelatin	1 c. boiling water
1 c. canned pineapple juice	1 T. vinegar
1 c. canned pineapple, diced	$\frac{1}{2}$ t. salt
and drained	$\frac{1}{3}$ c. pecan meats, finely cut
1 c. grated or ground raw carrot	

Soak gelatin in cold water; dissolve in boiling water, add pineapple juice, vinegar, and salt. Chill. When slightly thickened, add pineapple, carrot, and nuts. Turn into individual molds, and chill until firm. Unmold on crisp lettuce, and garnish with mayonnaise. Approximate yield: 8 molds, $\frac{1}{2}$ cup each.

MOLDED SALMON SALAD

$\frac{1}{2}$ T. salt	Yolks of 2, or 1 whole egg
$\frac{1}{2}$ T. dry mustard	1 c. sour cream
2 T. sugar	$\frac{1}{4}$ c. vinegar
f.g. pepper	1 T. gelatin
$\frac{3}{4}$ c. flaked salmon	4 T. cold water

Mix dry ingredients. Beat egg slightly in top of double boiler. Add cream and vinegar gradually to dry ingredients and mix until smooth paste is formed. Combine with egg. Cook over hot water until thickened.

Soak gelatin in cold water for 5 minutes. Add to cooked mixture while mixture is hot. Stir until gelatin is dissolved. When mixture is cool, line a mold with it.

Combine salmon with remainder of dressing and fill the mold with the salmon mixture. Place mold in refrigerator to set. When firm, slice and serve on lettuce leaves with cucumber whipped cream sauce (see page 32). Yield: 5 to 6 servings.

MOLDED CHEESE SALAD WITH FRUITS

1 T. granulated gelatin	1 canned pimiento, chopped
$\frac{1}{4}$ c. cold water	$\frac{1}{2}$ green pepper, chopped
1 c. boiling water	1 t. onion, minced
$\frac{1}{4}$ t. salt	1 c. cream, whipped
1 pkg. (3 ounces) cream cheese	$1\frac{1}{2}$ c. diced mixed fruit
or $\frac{1}{2}$ c. cottage cheese	French dressing
Lettuce	

Stir the cold water into the gelatin and let stand for 5 minutes; dissolve in the boiling water; add salt; cool. Mash the cheese with a fork, add the seasonings, and fold in the whipped cream. When the gelatin mixture is of the consistency of an unbeaten egg white, fold in the cream and cheese. Mold. Marinate the diced fruit with the French dressing; chill. Unmold the firm salad on a bed of lettuce; garnish with the diced fruit. Mayonnaise may be passed. Yield: 8 to 10 servings.

JELLIED VEGETABLE RING

1 T. granulated gelatin, soaked in	1 c. celery, cut in small strips
$\frac{1}{4}$ c. cold water	$\frac{1}{2}$ c. shredded cabbage
1 c. boiling water	$\frac{1}{3}$ c. cucumber cubes
$\frac{1}{4}$ c. sugar	$\frac{1}{4}$ c. cooked green peas
$\frac{1}{4}$ c. vinegar	$\frac{1}{4}$ c. cooked beets, cut in fancy shapes
2 T. lemon juice	Watercress or lettuce
1 t. salt	

Dissolve soaked gelatin in boiling water. Add sugar, vinegar, lemon juice, and salt. Strain, cool, and when beginning to stiffen, add vegetables. Turn into ring mold, and chill. Unmold, fill center with dressing, and garnish with salad greens. Approximate yield: 6 servings.

MELON COOLER

(Appetizer, salad, or dessert)

1 T. granulated gelatin	1 $\frac{1}{2}$ c. cantaloupe or honey dew
$\frac{1}{2}$ c. cold water	melon, cut in $\frac{1}{2}$ -inch balls
1 pint boiling water	

Soak gelatin in cold water, and dissolve in boiling water. Chill. When slightly thickened, fold in melon balls. Turn into individual molds and chill until firm. Unmold on crisp lettuce and serve as appetizer, garnish with mayonnaise for salad, or serve plain as dessert. Use only firm, ripe, sweet melon. Approximate yield: 8 molds, $\frac{1}{2}$ cup each.

COTTAGE CHEESE SALAD MOLD WITH FRUIT

2 T. granulated gelatin	$\frac{1}{2}$ c. cream or milk
$\frac{1}{4}$ c. cold water	$\frac{1}{2}$ c. peaches
2 c. cottage cheese	$\frac{1}{2}$ c. grapes or cherries
$\frac{3}{4}$ t. salt	1 orange sliced
$\frac{1}{8}$ t. paprika	1 c. diced or sliced bananas

Pour cold water in bowl and sprinkle gelatin on top of water. Place bowl over boiling water and stir until dissolved. Mash cheese very fine, add seasonings, cream, and gelatin. Turn into border mold that has been rinsed in cold water. Chill, and when firm, unmold cheese ring on a bed of lettuce and fill center with fruit, which has been cut in small pieces and mixed with salad dressing to which has been added a few spoonfuls of whipped cream. Serve with a salad dressing. Yield: 8 to 10 servings.

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Don't say "let us eat," say "eat lettuce."

FROZEN SALADS

Frozen salad mixtures consist of whipped cream and mayonnaise combined with diced fruits, with the occasional introduction of cream cheese, or cottage cheese, nuts, and a vegetable such as celery or peppers. Frozen salads are most easily prepared in the trays of the mechanical refrigerator (see p. 108). Packing in paper cups simplifies molding small quantities. Wipe the tray dry so the cups will not stick. Peel the cups from the salad at serving time. Allow about 4 hours for freezing. In the absence of a mechanical refrigerator, salads may be frozen with ice and salt (see p. 108).

FROZEN FRUIT SALAD I

2 c. diced, mixed fruit (fresh or canned)	$\frac{2}{3}$ c. mayonnaise dressing
$\frac{2}{3}$ cup diced celery	1 c. heavy cream, whipped
$\frac{2}{3}$ cup chopped almonds or other nuts	Lettuce

Drain the diced fruits thoroughly; add the diced celery, the chopped nuts, and the mayonnaise. Fold in the whipped cream. Follow the general method for freezing. Serve on lettuce with a garnish of mayonnaise dressing. Approximate yield: 12 servings.

FROZEN FRUIT SALAD II

1 T. granulated gelatin	$\frac{1}{4}$ t. salt
2 T. cold water	$\frac{1}{3}$ t. paprika
2 pkgs. cream cheese	2 drops Worcestershire sauce
3 T. cooked salad dressing	1 c. fruit chopped or crushed,
$\frac{1}{2}$ c. whipped cream	drained

Soften gelatin in cold water, set over hot water, and stir until dissolved. Combine cheese, salad dressing, and seasonings. Add pineapple and gelatin and mix thoroughly. Fold in whipped cream. Turn into a refrigerator tray and chill until set, or pack in ice and salt and let stand until frozen. Cut into squares and serve on lettuce with French dressing. Approximate yield: 6 servings.

Desserts



FRUIT WHIP

1 $\frac{1}{2}$ c. fruit pulp and juice	$\frac{1}{8}$ t. salt
$\frac{1}{2}$ c. sugar	1 T. lemon juice
3 egg whites	

Cook fruit until soft, put through sieve, and add sugar. Beat egg whites and fold in hot pulp and lemon juice gradually. This may be chilled and served, or placed in a pan of hot water and baked in a slow oven (250° F.) for 50 to 60 minutes. A soft custard may be served with the chilled fruit whip.

Dried fruits with distinctive flavor, such as prunes or apricots, are usually better than fresh fruits. Makes 6 to 8 servings.

FRUIT WHIP WITH CREAM

3 c. fruit pulp or diced fruit	2 T. lemon if needed
Sugar if needed	1 c. heavy cream whipped
f.g. salt	

Mix fruit, sugar, and lemon juice. Fold in stiffly beaten cream. This may be served with cake or cookies, or it may be used as a topping for cake. This may be used for dessert or refreshments. Makes 8 to 10 servings.

FRUIT TAPIOCA

3 T. granulated tapioca	About $\frac{1}{2}$ c. sugar
2 c. boiling water	f.g. salt
2 c. fruit	1 T. lemon juice, if desired

Add tapioca to boiling water, stirring constantly until mixture thickens, and cook until clear. Add fruit and cook until tender. Add sugar, salt, and lemon juice if desired. Chill. Serve with cream or soft custard. Approximate yield: 8 servings, $\frac{1}{2}$ cup each.

BLUSHING APPLES

1 c. hot water	$\frac{1}{4}$ lb. old-fashioned red cinnamon
1 c. raisins or dates	6 apples
	candies

Pare and core apples, place in baking dish, and fill centers with raisins or dates coarsely chopped. Dissolve cinnamon candies in hot water and pour over apples. Place in moderate oven and baste frequently with the sirup. These handsome, delicious apples may be served plain, on lettuce with mayonnaise, or for dessert with a ring of sponge cake underneath and a mound of whipped cream on top.

A little red vegetable coloring may be added to the water, with one-half cup sugar and stick cinnamon to flavor, in place of the candy. Yield: 6 servings.

BROWN BETTY

About 4 c. coarse dry bread crumbs	4 T. melted butter
$\frac{3}{4}$ c. brown sugar	Cinnamon or nutmeg, if desired
4 c. finely cut fruit	f.g. salt
	Hot water to moisten

In a buttered mold arrange alternate layers of crumbs, fruit, and seasoning until all ingredients are used. Add hot water to moisten. Bake covered until fruit is done, then uncover and brown. Serve with cream or lemon sauce. Apples, rhubarb, and peaches are suitable fruits to use. Yield: 6 to 8 servings.

FRUIT CRISP

8 medium-sized apples, peaches	1 t. cinnamon
plums, or other fruit, pared	$\frac{1}{2}$ c. water
and sliced	$\frac{1}{2}$ c. butter
1 c. sugar	$\frac{3}{4}$ c. flour

Grease baking dish and fill in the fruit, water, and cinnamon. Work together the butter, sugar, and flour with the fingertips until crumbly. Spread over the apple mixture and bake uncovered in a moderate oven for about 30 minutes. Serve plain or with cream. Yield: 6 to 8 servings.

FRUIT BATTER PUDDING

1 c. flour
 $\frac{1}{3}$ c. sugar
f.g. salt
3 T. melted fat
 $\frac{1}{2}$ c. milk

Apples or other fruit
2 t. tartrate or phosphate baking powder
Or $1\frac{1}{2}$ t. combination baking powder

Fill a greased baking dish three-fourths full of fruit. Add sugar if fruit is unsweetened. Sift dry ingredients, add milk, and melted fat. Beat the mixture only until smooth and spread over the fruit. Bake until brown in a moderate oven. Serve with cream or lemon sauce. Approximately 6 servings.

Fresh or canned fruits may be used. If canned fruit is used, drain off part of juice and use for sauce. Other fruits, such as peaches, berries, and cherries, may be substituted in most of the above recipes.

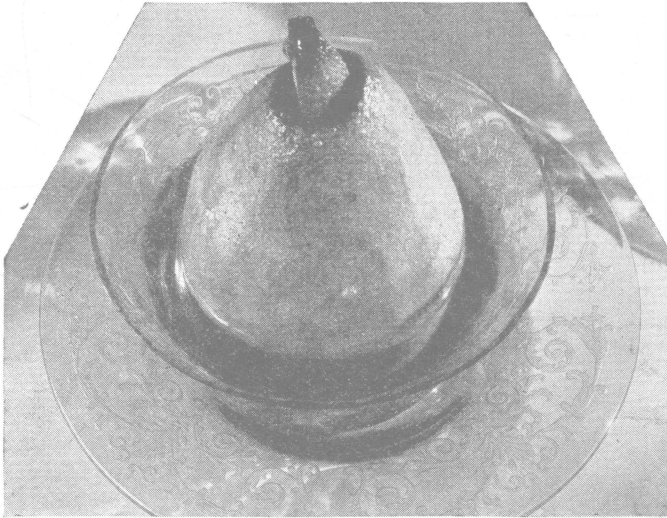


Fig. 16.—Fruit makes a light and refreshing dessert.

WHOLE BAKED PEARS

Wash, pare, and core pears, and place in a deep baking dish. Fill centers with coarsely cut nut meats. Sprinkle generously with light brown sugar. Dust with cinnamon, or add a few pieces of candied ginger. Add water and bake in a slow oven until tender.

FRUIT ROLY POLY

2 c. sifted flour
4 t. tartrate or phosphate baking powder
Or 3 t. combination baking powder

$\frac{1}{2}$ t. salt
4 T. butter or other fat
 $\frac{3}{4}$ c. milk (about)
 $2\frac{1}{2}$ c. berries, other fruit or mince-meat (if raw add $\frac{1}{2}$ c. sugar)

If cooked fruit is used, drain the fruit and save the juice for sauce. Sift flour, baking powder, and salt together; rub or cut in shortening, and mix to a light dough with milk. Turn out on a floured board, roll into an oblong sheet about $\frac{1}{3}$ inch thick, and spread with berries, fruit, or mincemeat. Wet the edges, roll gently, place on an oiled baking sheet, and bake in a moderate oven for 30 minutes. Or, cut as jelly roll into $1\frac{1}{2}$ -inch slices, place slices cut side down on oiled baking sheet, and bake 30 minutes. Serve with sauce made from fruit or fruit juices. A tablespoon of whipped cream may be used to top each roll when serving. Yield: 6 to 8 servings.

FRUIT SHORTCAKE

Strawberries, raspberries, blackberries, peaches, rhubarb, plums, or oranges may be used for shortcake. The fruit may be fresh or canned. If fresh fruit is used it should be washed, drained, and just enough sugar added to make it palatable. The fruit may be crushed or cut if desired.

Shortcake dough:

2 c. flour	$\frac{1}{2}$ t. salt
3 t. combination baking powder	$\frac{1}{3}$ c. fat
Or 4 t. phosphate or tartrate baking powder	2 T. sugar
	About $\frac{2}{3}$ c. milk

Sift the flour and measure. Add the baking powder, salt, and sugar to the flour. Sift into a mixing bowl. Add the fat to the dry ingredients, work in the fat with a fork, two knives (one held in each hand), a pastry blender, or the tips of the fingers, until of a mealy texture. Add the milk, a small quantity at a time. Mix quickly and lightly.

Place dough on a lightly floured board and knead for a few seconds. Pat or roll to $\frac{1}{2}$ -inch thickness. Place half the mixture in a greased tin, and spread the surface with a thin layer of butter. Put the remainder of the dough on top of the buttered layer. Bake in quick oven for about 20 minutes, or until the cake is browned and has shrunk from sides of pan. Remove from the pan on a cake cooler for a few minutes. Split the cake open and place crushed or cut fruit between layers. The top of the cake may be covered with fruit. Approximate yield: 6 servings.

NORWEGIAN PRUNE PUDDING

$\frac{1}{2}$ lb. prunes	$\frac{1}{8}$ t. cinnamon
2 c. warm water	1 $\frac{1}{3}$ c. boiling water
$\frac{1}{2}$ c. sugar	$\frac{1}{3}$ c. cornstarch
1 T. lemon juice	

Wash the prunes and put to soak in the warm water. Cook slowly until soft, remove stones and add sugar, cinnamon, and boiling water. Mix the cornstarch with enough cold water to pour easily, and add to the hot prune mixture. Cook directly over the fire until thick, add lemon juice, then finish cooking over hot water (about 25 minutes). The stiffly beaten whites of one or two eggs may be folded in, if desired. Mold and serve cold with cream. Approximate yield: 6 servings.

FRUIT UPSIDE-DOWN CAKE

$\frac{1}{4}$ c. fat	$\frac{1}{2}$ c. fruit sirup
$\frac{1}{2}$ c. sugar	1 $\frac{1}{4}$ c. flour
1 egg well beaten	$\frac{1}{4}$ t. salt
1 $\frac{1}{2}$ t. combination baking powder	1 $\frac{1}{2}$ c. sliced fruit
Or 2 $\frac{1}{2}$ t. tartrate or phosphate baking powder	3 T. butter
	$\frac{3}{4}$ c. brown sugar
	$\frac{1}{2}$ c. chopped nuts

Cream fat and sugar. Add beaten egg and fruit sirup alternately with the sifted dry ingredients. Melt the butter in a frying pan, add the brown sugar, and when melted, spread over the pan the chopped nuts and fruit (sliced peaches, apples, apricots, or pineapple). Pour the batter over the fruit and bake in a moderate oven (350° to 375° F.) for 30 minutes. Serve warm, either plain or with cream or whipped cream. Makes approximately 8 servings.

FRUIT COBBLER

1 qt. can fruit	3 T. fat
1½ c. flour	¾ t. salt
3 t. baking powder	½ c. milk

Invert a cup or glass in the center of a deep greased baking pan. Put in the fruit, which needs no additional sugar if canned in a medium sirup. Make a dough of the remaining ingredients and spread over the top of the dish. Spread closely to the rim of the dish and bake in a moderately hot oven until the crust is done and brown. Serve with cream or a sauce. Makes approximately 8 servings.

The equivalent of raw fruit may be substituted and enough sugar to sweeten added.

MOCK MERINGUE PIE

3 or 4 slices cinnamon toast	4 T. sugar
4 c. apple sauce	1 T. lemon juice
Whites of 2 eggs	1 t. grated rind

Line a pie plate with cinnamon toast cut in small pieces. Fill with the slightly sweetened apple sauce. Make a meringue of the egg whites and sugar, and pile lightly on the apple sauce. Bake until meringue is brown. Serve at once. Makes 6 to 8 servings.

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MILK DESSERTS

BAKED CUSTARD

1 qt. milk	⅛ t. salt
4 or 5 eggs	1 t. vanilla
½ c. sugar	f.g. nutmeg

Scald the milk in a double boiler. Beat the eggs, sugar, and salt together. Add the scalded milk slowly to the beaten eggs, stirring constantly. Add vanilla. Pour into buttered cups or pan and sprinkle with nutmeg. Set in a pan of hot water. Bake in a slow oven until a clean knife inserted in the center comes out clean. Makes 8 servings, ½ cup each.

Variation: In place of sugar ½ c. maple sirup may be added to the unsweetened custard mixture. Omit nutmeg, as the maple sirup is sufficient for flavor.

HONEY CUSTARD

Use ½ c. honey in place of the sugar and ⅛ t. cinnamon in place of vanilla.

SOFT CUSTARD

4 c. milk		f.g. salt
4 eggs or 8 yolks	½ c. sugar	½ t. vanilla

Beat eggs, sugar, and salt together. Pour the scalded milk (milk is scalded when steam begins to rise) over the egg mixture, stirring constantly. Cook over water, stirring until the custard coats the spoon. Remove from fire, pour into a cold dish, and add vanilla. Serve cold. Makes approximately 8 servings, ½ cup each.

Note: In case custard begins to curdle it can usually be saved by plunging the container in cold water and beating the custard vigorously with a Dover egg beater.

JUNKET (with Powder)

1 pkg. junket powder

1 pt. milk

Heat 1 pt. fresh milk to lukewarm (110° F.). (Chocolate junket requires milk a little more than lukewarm — 125° F.) Remove from stove. Add a few grains of salt and contents of one package of junket powder. Stir briskly until dissolved, not more than 1 minute. Pour into individual dishes and let stand until it sets. Then remove without jarring to a refrigerator or other cold place to chill before serving. Makes 4 servings, $\frac{1}{2}$ cup each.

JUNKET (with Tablets)

1 pt. milk

f.g. salt

2 T. water

1 junket tablet

4 T. sugar

1 t. flavoring

Crush the tablet and dissolve in the water. Heat milk with sugar and salt until barely lukewarm (test for lukewarm — a drop on the wrist is the same temperature as the skin). Add the dissolved junket tablet, and stir until evenly mixed. Pour into wet mold or cups. Let stand at warm room temperature until set. Do not jar until set or mixture will separate. Chill and serve. Makes 4 servings, $\frac{1}{2}$ cup each.

Note: Fresh berries, chopped nuts, jelly, preserves, or powdered sugar mixed with cinnamon may be added at the time of serving.

FLOAT

4 c. milk

f.g. salt

4 eggs

$\frac{1}{2}$ c. sugar

$\frac{1}{2}$ t. vanilla

Beat eggs (reserving 2 egg whites), sugar, and salt together. Stir the scalded milk into the egg mixture very slowly. Cook over hot water, stirring constantly until the custard coats the spoon. Remove from fire and add vanilla. Pour while hot over the two egg whites, which have been beaten until stiff; or the beaten egg whites may be dropped by teaspoonfuls over the top of the hot custard. Makes approximately 8 servings, $\frac{1}{2}$ cup each.

CORNSTARCH PUDDING

6 T. cornstarch

$\frac{1}{4}$ t. salt

1 qt. milk

$\frac{1}{2}$ c. sugar

$\frac{1}{2}$ t. flavoring

Moisten the cornstarch to a smooth paste in 1 c. of milk. Scald the rest of milk in top of double boiler; add sugar, salt, and cornstarch mixture. Cook in double boiler, stirring constantly until mixture thickens. Cook for about 15 minutes and remove from stove. Add flavoring, pour into mold or individual molds that have been dipped in cold water. Chill until firm. Unmold and serve with cream, fruit sauce, or chocolate sauce. Makes approximately 8 servings, $\frac{1}{2}$ cup each.

Variations:

Caramel — Caramelize half the sugar and dissolve in hot milk before adding the other ingredients.

Cocoa — Add 1 to 2 c. grated cocoanut.

Chocolate — Melt 2 sq. chocolate in $\frac{1}{2}$ c. of hot milk. Stir smooth before adding other ingredients. Or add $\frac{2}{3}$ c. cocoa with sugar.

Fruit — Add 1 to $1\frac{1}{2}$ c. chopped fruit or part fruit or nuts.

MAPLE CORNSTARCH CRUMB PUDDING

$\frac{1}{2}$ c. maple sirup	4 T. cornstarch
4 c. whole milk	$\frac{1}{4}$ t. salt
1 c. toasted stale cake crumbs	$\frac{1}{2}$ t. vanilla

Mix cornstarch to a smooth paste with a little cold milk. Scald remaining milk with maple sirup, add cornstarch gradually, and stir until smooth. Cover and cook 20 minutes, or until starch is thoroughly cooked, then add salt and vanilla. Fill a glass dish with alternate layers of maple cornstarch pudding and cake crumbs, having a layer of crumbs on top. Chill and serve. Makes approximately 8 to 10 servings, $\frac{1}{2}$ cup each.

QUEEN OF PUDDINGS

2 c. crumbs	f.g. salt
2 eggs	Nutmeg
1 q. milk	$\frac{1}{3}$ c. sugar
	$\frac{1}{2}$ c. raisins or currants, if desired

Soak crumbs in milk. Beat eggs and add with other ingredients to soaked crumbs. Bake in buttered baking dish (about 1 hour) in a slow oven (325° F.). Test as for baked custard. Makes 8 to 10 servings, $\frac{1}{2}$ cup each.

Variation: Spread jam or jelly on baked pudding, then place meringue on top.

For chocolate bread pudding, melt 2 ounces chocolate and add it with 1 t. vanilla to pudding before baking. Serve with cream or lemon sauce.

TAPIOCA CUSTARD

$\frac{1}{3}$ c. minute tapioca	$\frac{1}{2}$ c. sugar
3 c. milk	1 t. vanilla
3 eggs	f.g. salt

Scald the milk in a double boiler, add tapioca, and cook until tapioca is clear, stirring constantly. Cool slightly. Beat eggs, add salt and sugar. Pour hot tapioca mixture slowly into egg mixture, stirring constantly. Cook until custard coats spoon, or turn into buttered mold and bake in oven in a pan of hot water until a knife inserted into center comes out clean. The egg whites may be reserved. When pudding is done, beat whites until stiff, add 1 tablespoon sugar for each white and drop by spoonfuls over top or spread over top. Brown in moderate oven (300° F.). Makes approximately 6 servings, $\frac{1}{2}$ cup each.

CREAMY RICE PUDDING

4 T. rice	4 T. sugar
4 c. milk	f.g. salt
Flavoring (nutmeg, cinnamon, or vanilla)	

Wash rice. Mix ingredients, pour into a buttered baking dish and bake in a slow oven (325° F.) about 2 hours. Stir occasionally. Makes 6 to 8 servings, $\frac{1}{2}$ cup each.

Variations:

$\frac{1}{2}$ to 1 c. raisins, dates or figs cut in small pieces may be added.

2 squares of chocolate grated or 4 T. cocoa added before baking.

COTTAGE CHEESE CUSTARD

2 c. cottage cheese	1 T. fat
$\frac{2}{3}$ c. sugar	f.g. salt
1 c. milk	1 t. lemon juice
4 eggs	

Mix the ingredients in the order given. Nutmeg may be used for flavoring. Bake in a moderate oven until a knife inserted in the center comes out clean. The top should be brown and the custard very firm. Makes approximately 6 servings, $\frac{1}{2}$ cup each.

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GELATIN DESSERTS

Gelatin offers many variations of flavor and color in desserts which are pleasing to both the eye and the palate.

Gelatin may be purchased in plain granulated form or in prepared powders which have the sugar and flavoring added. Directions for use of prepared powders are included in the package.

Gelatin desserts may be classed as:

Plain or Fruit Gelatin — The fruit may be molded in gelatin or served with it.

Sponge or Snow — After the gelatin mixture thickens slightly, whip until spongy. Egg whites are usually folded into the mixture.

Bavarian Cream — Whipped cream is folded in as the gelatin mixture thickens.

Proportions — To make a plain gelatin dessert, 1 T. of granulated gelatin to 1 pint of liquid will give a jelly that will keep its shape. In warm weather, or if the jelly must be made quickly, or if fruit or nuts are to be added, $1\frac{1}{2}$ T. gelatin may be used.

SNOW PUDDING

1 T. granulated gelatin	1 c. boiling water
$\frac{1}{4}$ c. cold water	1 c. sugar
$\frac{1}{8}$ t. salt	$\frac{3}{4}$ c. lemon juice
2 egg whites	

Soak gelatin in cold water and add salt. Pour boiling water over the mixture, and stir until dissolved. Add sugar and lemon juice, and let cool. Beat the egg whites until stiff. When the jelly thickens add the eggs and beat until stiff enough to hold its shape. Serve with soft custard. Approximate yield: 8 servings, $\frac{1}{2}$ cup each.

APRICOT SPONGE

$\frac{1}{2}$ lb. dried apricots cooked, sweetened, and chopped or pressed through a coarse sieve	
1 pkg. lemon or orange prepared gelatin or 2 T. granulated gelatin	
1 pt. hot apricot juice and water	Few grains salt

Drain the apricots and add water to juice if necessary to make a pint of liquid. Dissolve the gelatin and chill. When it begins to set, whip with a rotary egg beater until light. Fold in the apricot pulp. Chill, serve with thin soft custard or cream. Approximate yield: 8 servings, $\frac{1}{2}$ cup each.

Variations: Shredded canned or cooked pineapple, prune pulp, cherries, or peach pulp may be used in place of apricot.

SPANISH CREAM

2 t. gelatin	$\frac{1}{4}$ c. sugar
$\frac{1}{4}$ c. cold milk	f.g. salt
$1\frac{1}{3}$ c. scalded milk	$\frac{1}{2}$ t. vanilla
2 egg yolks	2 egg whites

Soak the gelatin in the cold milk; let stand a few minutes. Make a soft custard of the scalded milk, egg yolks, sugar, and salt. Dissolve the soaked gelatin in the hot custard. Remove from stove and add the vanilla. Let the mixture cool and then beat the jelly until foamy. Fold in the stiffly beaten egg whites. Pour into a wet mold or place in refrigerator or a cool place until the gelatin mixture has set. Approximate yield: 6 servings, $\frac{1}{2}$ cup each.

GRAPE OR PEACH BAVARIAN CREAM

2 T. gelatin	$1\frac{1}{2}$ c. grape juice or peach pulp
$\frac{1}{4}$ c. cold water	1 T. lemon juice
$\frac{1}{2}$ c. boiling water	$\frac{3}{4}$ c. sugar
1 c. whipping cream	

Soften the gelatin in the cold water. Dissolve gelatin in boiling water, add sugar, and stir until dissolved. Cool. Add fruit juice or fruit pulp, and when it begins to stiffen fold in the whipped cream. Pour into molds and chill until firm. Makes 8 to 10 servings.

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FROZEN DESSERTS

General Directions.—Scald and cool the can of the freezer. Adjust the dasher and pour in the material. When fresh whole fruit is to be used, do not add the fruit to the mixture until it is half frozen, so that the fruit may not become too hard. The can should not be filled more than two-thirds full, as the mixture will expand during freezing.

Put the freezer together and fill the space between the can and the tub with cracked ice up to one-third the height of the can. Add ice and salt in alternate layers, in the proportion of eight measures of ice to one of salt. Coarse salt may be used. The smaller the pieces into which the ice is broken the faster the ice cream will freeze. Add water until it runs from the overflow. Add alternate layers of ice and salt from time to time to keep the tub full.

Turn the crank slowly and evenly until the mixture has reached a mush-like consistency. Wipe off the top of the can. Remove the dasher, stir down the mixture, cover the top with wax paper, return the lid to place, and cork the hole in the top. In packing, draw off the brine and re-fill the tub with ice and salt. Pack with four parts of ice to one part of salt. Newspapers or an old blanket may be tied over the top of the freezer to prevent melting. Have the dishes chilled for serving.

ICE CREAM

VANILLA ICE CREAM I

1 qt. cream	$\frac{3}{4}$ c. sugar	1 T. vanilla
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Scald *one-half* of the cream, add the sugar, and stir until dissolved. Add remainder of cream and vanilla. Cool and freeze. Approximate yield: $1\frac{1}{2}$ quarts.

VANILLA ICE CREAM II

2 c. scalded milk	$\frac{1}{4}$ t. salt
1 T. flour	1 qt. thin cream
1 c. sugar	2 T. vanilla
1 egg	

Make a custard of the first four ingredients. Strain, cool, add cream and vanilla and freeze. Approximate yield: $2\frac{1}{4}$ quarts.

ICE CREAM VARIATIONS

1. *Chocolate*: Add to the scalded milk or cream two squares of chocolate which have been melted and cooked with a small amount of water until smooth.
2. *Caramel*: Caramelize one-half the sugar and add to the liquid.
3. *Fresh Fruit*: Add $1\frac{1}{2}$ to 2 cups sweetened fruit pulp when cream is frozen to a mush.
4. *Peppermint*: Dissolve $\frac{1}{2}$ pound crushed stick peppermint candy in hot liquid. Omit sugar.

ICES AND SHERBETS

FRUIT ICE

$1\frac{1}{2}$ c. grape, raspberry, strawberry or peach juice	1 c. orange juice
1 c. sugar	2 T. lemon juice
	2 c. water

Boil the sugar and water together 5 minutes; chill. Add fruit juices, strain, and freeze.

Milk may be substituted for the water, or part milk and part cream, and two egg whites added, making a delicious sherbet. Approximate yield: $1\frac{3}{4}$ quarts.

LEMON MILK SHERBETS

2 c. milk and	} Or 4 c. milk	Juice of 2 to 3 lemons
2 c. thin cream		Or Juice of 2 lemons and 2 oranges
2 c. sugar		Or Juice of 2 lemons and 2 oranges
2 egg whites		and pulp of 2 bananas

Mix all ingredients except egg whites. Freeze partially. Add well beaten egg whites and freeze until done. Approximate yield: 2 quarts.

PEACH SHERBET

1 qt. can peaches	1 T. gelatin soaked in
$\frac{3}{4}$ c. fruit sirup	$\frac{1}{4}$ c. cold water
2 c. thin cream	

Soak gelatin in the cold water until soft. Heat sirup to boiling and pour over gelatin, stirring until gelatin is dissolved. Add to cream. Cut peaches into small pieces. Combine all ingredients and freeze. This dessert is easily made and is an excellent one for dinner. Other canned fruits may be used. Approximate yield: 2 quarts.

DESSERTS FROZEN WITHOUT STIRRING

Mousses and parfaits are whipped cream desserts frozen without stirring. A mousse may or may not have a foundation thickened with gelatin. A parfait has a foundation of sirup cooked with beaten egg whites or yolks.

To Freeze without Stirring:

In ice and salt — Fill molds with mousse or parfait, cover with waxed paper and with a tight cover. Pack molds in ice and salt, using equal amounts. Let stand until firm, pouring off the salt water as it accumulates before it reaches the top of molds.

In mechanical refrigerator — Pack in drawer of mechanical refrigerator and freeze until firm.

VANILLA MOUSSE

2 c. cream	1 t. vanilla
6 T. sugar	f.g. salt

Beat the cream until light, and gradually beat in the sugar, salt, and vanilla. Pour into a mold. Freeze, following the general directions given above. Approximate yield: 1 quart.

Variations:

Chocolate — Melt 2 squares unsweetened chocolate; fold into the beaten cream with the sugar.

Fruit — Mash 2 c. of fruit and fold in cream.

PINEAPPLE MOUSSE

1 medium can crushed pineapple	2 c. cream
2 T. sugar	1 c. strawberries

Drain the juice from the pineapple; add the sugar and chill. Whip the cream, then fold in the chilled pineapple. Pour into mold, or drawer of mechanical refrigerator, and freeze.

Add the strawberries crushed and sweetened to the pineapple juice and serve as a sundae on the pineapple mousse. Approximate yield: 1 ½ quarts.

YELLOW PARFAIT

¼ c. water	f.g. salt
½ c. sugar	1 ½ t. vanilla
4 egg yolks	1 ½ c. cream

Boil sugar and water 5 minutes. Pour slowly over well beaten egg yolks. Cook over hot water until the mixture coats the spoon. Cool, add salt, vanilla, and fold in whipped cream. Pour into mold or drawer of mechanical refrigerator and freeze. Approximate yield: 1 quart.

Variations:

Coffee Parfait — Substitute ⅓ c. strong coffee for ¼ c. water and increase sugar to ¾ c.

Maple Parfait — Substitute ½ c. maple sirup for the sugar and water. Do not boil the sirup, but heat sirup to scalding before pouring over egg yolks.

ANGEL PARFAIT

$\frac{2}{3}$ c. sugar	2 c. whipping cream
$\frac{3}{4}$ c. water	3 egg whites
	1 t. vanilla

Boil sugar and water until sirup will thread when dropped from tip of spoon. Pour slowly in beaten egg whites and continue beating until mixture is cool. Add cream beaten until stiff, and vanilla. Pour into mold and freeze. Approximate yield: $1\frac{1}{2}$ quarts.

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STEAMED PUDDINGS

SUET PUDDING

2 c. flour	$\frac{1}{4}$ t. cloves
$\frac{2}{3}$ t. soda	$\frac{1}{4}$ t. nutmeg
2 t. baking powder	$\frac{2}{3}$ c. molasses
$\frac{1}{8}$ t. salt	$\frac{2}{3}$ c. milk or water
$\frac{1}{2}$ t. ginger	$\frac{2}{3}$ c. finely chopped suet
1 t. cinnamon	1 c. seedless raisins

Mix and sift the dry ingredients. Mix the molasses, milk, and suet. Combine the mixtures, and add the raisins which have been dusted with flour. Other fruits such as currants, dates, citron, also chopped nuts, carrots, and orange peel may be added if desired.

Steam in a greased mold 3 hours. Serve with vanilla or lemon sauce. Makes 8 to 10 servings.

SNOW BALLS

$\frac{1}{2}$ c. butter	$2\frac{1}{4}$ c. flour
1 c. sugar	$3\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ c. milk	Whites 4 eggs

Cream the butter; add sugar gradually, milk and flour mixed and sifted with baking powder; then add the whites of eggs beaten stiff. Steam 35 minutes in buttered cups. Serve with any fruit sauce. Makes 8 to 10 servings.

CARROT AND APPLE PLUM PUDDING

1 c. chopped raw carrots	1 t. cinnamon
1 c. chopped tart raw apple	$\frac{1}{8}$ t. salt
$\frac{1}{2}$ c. melted butter	$\frac{1}{2}$ t. soda
1 c. sugar	1 t. baking powder
1 c. flour	1 c. chopped raisins
	1 t. nutmeg

Mix the carrots, apples, melted butter, and sugar. Add the sifted dry ingredients and then the raisins. Steam in a greased mold $2\frac{1}{2}$ hours. Serve with a cream or hard sauce. Makes 10 to 12 servings.

GINGER PUDDING

$\frac{1}{4}$ c. brown sugar	$1\frac{1}{2}$ c. flour
$\frac{1}{4}$ c. lard	1 t. soda
1 egg	1 t. ginger
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. cinnamon
$\frac{1}{2}$ c. molasses	$\frac{1}{8}$ t. salt

Cream lard and brown sugar well. Beat eggs, add milk and molasses and mix well. Add wet and dry ingredients alternately. Steam for about 1 hour and serve with a sauce or cream. Makes 6 to 8 servings.

LEMON PUDDING

8 small slices stale bread	3 T. sugar
1 c. milk	2 eggs
Lemon mixture	$\frac{1}{8}$ t. salt
	Grated rind 1 lemon

Spread bread with lemon mixture (below); arrange in buttered pudding mold. Beat eggs slightly; add sugar, salt, and milk. Strain, add lemon rind, and pour mixture over bread. Cover, set in pan of hot water, and bake an hour.

Lemon Mixture. — Cook 3 tablespoons lemon juice, grated rind one lemon, and $\frac{1}{4}$ cup butter 2 minutes. Add 1 cup sugar and three eggs slightly beaten; cook until mixture thickens. Recipe makes 6 to 8 servings.

MISCELLANEOUS DESSERTS

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BOSTON CREAM PIE

2 eggs	$\frac{3}{4}$ c. sugar
1 c. flour	$\frac{1}{8}$ t. salt
$\frac{1}{2}$ t. baking powder	$\frac{1}{2}$ c. boiling milk

Beat eggs until lemon colored; add sugar gradually. Sift flour, salt, and baking powder and add to the mixture a little at a time. Add hot milk slowly, and then the vanilla. Bake in a layer cake tin in moderate oven. When cool, split, and put following cream filling between halves and powdered sugar on top.

Cream Filling.—

$\frac{1}{2}$ c. sugar	1 c. scalded milk
3 T. flour	1 t. butter
$\frac{1}{8}$ t. salt	$\frac{1}{2}$ t. vanilla
2 eggs	

Mix dry ingredients with the eggs, add milk gradually, then butter. Cook in double boiler until thick and smooth. Add vanilla. Cool and spread between the split layers of cake. Recipe makes approximately 6 servings.

CHOCOLATE CAKE PUDDING

3 egg yolks	$\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ c. sugar	$\frac{1}{8}$ t. salt
3 T. cocoa	2 c. sweet milk
1 t. vanilla	3 egg whites
5 T. flour	

Beat egg yolks, add sugar, and beat well. Sift flour, baking powder, salt, and cocoa together. Add liquid and dry ingredients alternately. Fold in stiffly whipped egg whites. Put into individual molds or pudding dish, and bake in pan of hot water in hot oven (425° F.) for 10 minutes, and then in medium oven (325° F.) for 20 minutes. Serve with cream or lemon sauce. Makes approximately 6 servings.

LEMON SPONGE

4 T. butter	Juice and grated rind of 1 lemon
1 c. sugar	2 eggs — beat whites and yolk
2 T. flour	separately

Cream the butter and sugar; add flour, lemon juice, and yolks of eggs, then the milk. Fold in the beaten whites last. Pour into a baking dish, set into a pan of water in a moderate oven (250 to 325° F.), and bake until set. Makes 4 to 6 servings.

CHOCOLATE ICE BOX CAKE

1 sheet sponge cake ($10\frac{1}{2} \times 6 \times 1$)	4 egg yolks well beaten
$\frac{1}{2}$ lb. sweet chocolate	$1\frac{1}{2}$ t. vanilla
4 T. sugar	4 egg whites
4 T. water	1 c. whipped cream

Divide sponge cake into three equal parts; place one piece in pan. Melt chocolate in upper part of double boiler; add sugar, water, and egg yolks. Cook until smooth, stirring constantly. Cool. Add vanilla and fold in egg whites. Pour one-half of chocolate mixture over cake, and cover with second piece of cake; add remainder of chocolate mixture, then put third piece of cake on top. Chill in refrigerator or a cool place 12 hours. When ready to serve, slice crosswise, cover each serving with whipped cream. Makes 6 to 8 servings.

LEMON CREAM PUFF

4 eggs	6 T. sugar
1 lemon (juice)	3 T. boiling water

Beat yolks until smooth. Add sugar, stir in lemon juice. Add boiling water and cook until creamy. Remove from the fire and fold in beaten egg whites. Pile lightly into sherbet glasses and chill. Makes approximately 6 servings.

GLORIFIED RICE

$\frac{1}{2}$ c. rice	1 c. heavy cream
2 qts. salted water	$\frac{2}{3}$ c. maple or caramel sirup

Cook rice in boiling salted water until tender. Drain, and pour cold water through rice to prevent sticking. Beat the cream until stiff and fold it into the rice, being careful not to break the kernels. Chill. Serve with sirup. Makes approximately 6 servings.

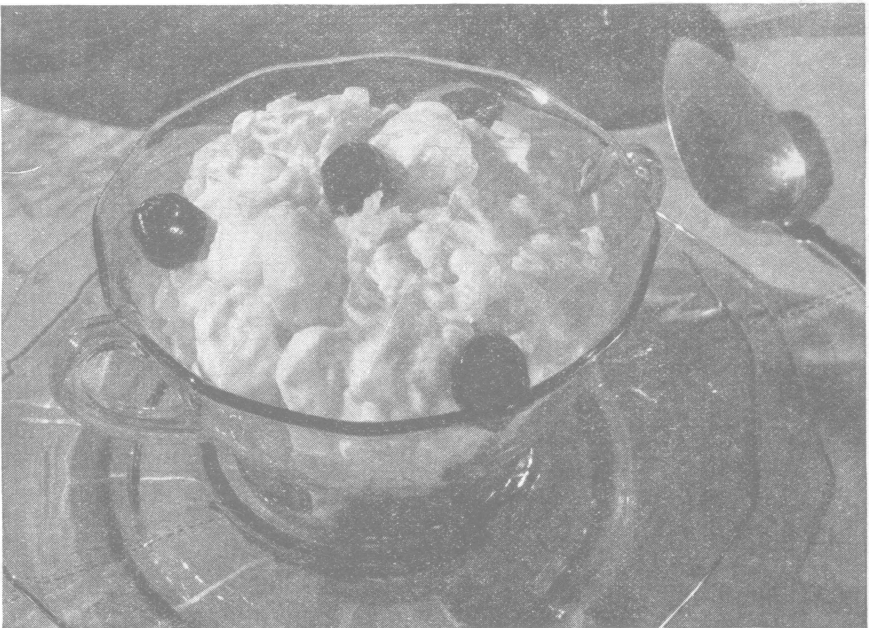


Fig. 17.—Glorified rice makes a hearty but wholesome dessert.

SPANISH BUN

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. flour
1 c. brown sugar	$\frac{1}{4}$ t. cloves
2 egg yolks	$\frac{1}{8}$ t. nutmeg
$\frac{1}{2}$ c. milk	1 t. cinnamon
$1\frac{1}{2}$ t. baking powder	

Bake in a shallow pan 20 to 25 minutes in a moderate oven (375° F.). Cover with meringue and brown in oven at 300° for about 20 minutes. Approximate yield: 8 servings.

Meringue.—

2 egg whites beaten stiff	$\frac{1}{2}$ t. vanilla
4 T. granulated sugar	f.g. salt

Beat eggs stiff and add sugar, salt, and vanilla.

DATE TORTE

4 T. flour or dry bread crumbs	4 T. sugar
$\frac{1}{8}$ t. salt	$\frac{1}{4}$ t. vanilla
$\frac{1}{2}$ t. baking powder	1 c. chopped dates
2 eggs	$\frac{1}{2}$ c. chopped nuts

Sift the flour, salt, and baking powder. Beat the egg yolks until lemon color; add the sugar, vanilla, dates, and nuts; mix thoroughly with the flour mixture. Fold in the stiffly beaten egg whites. Spread the mixture in a layer about $\frac{3}{4}$ inch thick on a well-greased shallow pan. Bake in a slow oven for 45 to 60 minutes, or until the surface will spring back when pressed lightly. Cut in squares; remove from the pan. Serve warm or cold with whipped cream, or ice cream. Yield: 6 to 8 servings.

Cookies

Cookies are of four types: roll cookies, drop cookies, sliced or ice box cookies, and those of cake-like texture which are usually baked on a sheet and cut into squares or bars.

ROLL COOKIES

Roll cookies are usually crisp after baking, but some types have a soft crumb similar to cake. The dough is usually as soft as can be handled for rolling. In some instances the high fat content makes necessary a chilling of the dough before it can be rolled. Recipes for roll cookies vary widely. Some have no leavening agent added or a reduced amount of leavening. The slightly porous state of some rich crisp cookies is due largely to air which is worked into the fat during creaming. The quantity of liquid may be very small, or liquid other than that from eggs may be omitted entirely. Cookies without liquid are usually of high fat content.

In rolling the dough, the ill effects of re-rolling too many times may be avoided if a portion of the dough is rolled at one time and the uncut portions put aside to be re-rolled together at the last. The cookies should not have an excess of

dry flour clinging to them when they are ready for the baking sheet, as much of the flour will remain on them after baking. Having too much flour on the board gives an undesirable texture and flavor. However, rolling pins and cutters should be floured slightly before using. Inexperienced people who have difficulty in rolling cooky dough may find it easier to roll between two thicknesses of heavy waxed paper, or cover board with heavy muslin, and slip child's white stocking on rolling pin. Rub flour well into meshes of material and no extra flour will be needed for rolling.

The thickness of rolled dough ready for cutting is usually $\frac{1}{8}$ or $\frac{3}{16}$ inch. If dough is to be used for cut-outs, especially large ones, it is well to roll to $\frac{1}{4}$ -inch thickness. In removing cut cookies from the board to the baking sheet, the edge rather than the end of the knife or spatula should be used.

RICH BUTTER COOKIES

2 c. sugar
1 $\frac{1}{2}$ c. butter

1 egg and 1 extra yolk
4 c. pastry flour

Topping. —

1 egg white $\frac{2}{3}$ c. blanched almonds (shaved fine) Sugar

Cream butter well, add sugar, and continue creaming. Add egg and flour. Chill dough until hard. Roll and cut with a 2- or 2 $\frac{1}{2}$ -inch cutter. Prepare about $\frac{2}{3}$ c. finely shaved blanched almonds. Beat one egg white until foamy. Place $\frac{1}{2}$ t. of egg white in center of each cooky. Sprinkle with sugar and nuts. Bake in hot oven (400° to 425° F.) for about 10 to 12 minutes. Approximate yield: 5 dozen.



Fig. 18.—Filling the cookie jar.

SUGAR COOKIES

2 c. sugar	2 eggs, well beaten
1 c. butter or other fat	1 t. salt
$\frac{1}{4}$ c. sweet cream	1 lemon, rind grated
4 c. cake flour	$\frac{1}{2}$ t. nutmeg
3 t. baking powder	

Cream fat, gradually add sugar and eggs, and mix well. Add vanilla and dry ingredients which have been sifted together. Blend thoroughly. Chill dough. Roll and cut with large cutter. Sprinkle sugar on top of cookies. Place on ungreased baking sheet and bake in hot oven (400° F.). Approximate yield: 5 dozen.

MOLASSES COOKIES

1 c. molasses	1 t. soda	$2\frac{1}{4}$ c. flour (pastry or family)
$\frac{1}{2}$ c. butter or other fat		1 t. salt
$1\frac{1}{2}$ t. baking powder (any type)		$1\frac{1}{2}$ t. ginger

Heat molasses and remove from fire. Add fat and soda, then the dry ingredients which have been sifted together. Mix well. Chill. Roll $\frac{1}{8}$ to $\frac{3}{16}$ inch in thickness. Cut and bake on lightly greased baking sheet in moderate oven (350° F.). Store in tightly closed tin or earthenware container. Approximate yield: 3 dozen.

FILLED COOKIES

$\frac{1}{2}$ c. sugar (granulated or firmly packed brown)	1 t. vanilla
$\frac{2}{3}$ c. butter	3 c. pastry flour
1 egg, well beaten	4 t. baking powder
$\frac{1}{3}$ c. milk	$\frac{1}{4}$ t. salt
	Jam for filling

Cream butter, and add sugar gradually. Add egg and mix well, then add vanilla. Add dry ingredients and milk alternately, and blend thoroughly. Chill dough. Roll to $\frac{1}{8}$ -inch thickness and cut with $2\frac{1}{2}$ -inch cutter. Place cookies on baking sheet. Put one level teaspoon of jam in center of each round. Cover with another round of dough and seal edges by pressing firmly together. Prick center of top slice to allow steam to escape. Bake in hot oven (400° F.) for 10 to 12 minutes. Approximate yield: 4 dozen.

This is a good mixture for cut-outs for children, but may require rolling to $\frac{1}{4}$ -inch thickness if the cut-outs are large. In making cut-outs the dough can be rolled on a floured baking sheet and the trimmings removed from the sheet. This avoids transfer of cut-outs.

Features and costumes may be made from frostings, small candies, raisins, or pieces of preserved fruits.

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DROP COOKIES

Drop cookies vary in consistency, depending upon the finished product desired. Some mixtures are meant to spread into a round flat cookie of about $\frac{3}{8}$ to $\frac{1}{2}$ inch deep which gives a softer cookie than most rolled doughs give. Other drop cookies are meant to hold their form. Judgment and acquaintance with the recipe are necessary in order to avoid too stiff or too soft a mixture. A mixture stiff enough to hold its form almost completely during baking usually produces a dry, bread-

like cooky which may crack on top while baking. A cooky that only partially holds its shape during baking is usually of the most desirable consistency for pleasing eating quality as well as pleasing appearance. The type of mixture partially determines how stiff it may be without producing undesirable results. A mixture very rich in fat can stand to be stiffer than one less rich. Practically all mixtures will be stiff enough to require scraping from the spoon rather than dropping.

ROCKS

1 c. butter		1 t. cinnamon
1 1/2 c. brown sugar		1 T. water
3 eggs		1 t. vanilla
3 c. flour		1 c. raisins
1 t. soda	1/4 t. salt	1 c. chopped nuts

Cream fat, add sugar, and continue creaming. Beat eggs and add to fat-sugar mixture. Mix soda and cinnamon with water and add to mixture, then add flour and vanilla, and mix well. Add nuts and raisins. Drop by teaspoons on a greased baking sheet. Bake in moderate oven (375° F.). Approximate yield: 4 dozen.

CRUNCHES

1/2 c. oatmeal	1/4 t. salt
1/2 c. grape nuts	1/2 c. butter
1 1/2 c. flour	1 c. honey
1 t. baking powder	1 egg
1/2 t. soda	1/2 t. vanilla

Toast the oatmeal in the oven. Grind the cereals, using fine knife. Sift dry ingredients together. Cream butter and honey well. Add beaten egg and vanilla. Add cereals, then flour and mix well. Store in cool place overnight. Drop on greased cooky sheet and flatten with back of spoon. Bake at 375° F. for 10 minutes. Approximate yield: 3 dozen.

SOUR CREAM COOKIES

1 c. butter	1 c. sour cream
2 c. sugar	1 t. soda
3 eggs	1 t. salt
About 4 c. family flour	1/2 t. grated nutmeg

Cream fat and sugar together. Add beaten eggs, cream, and dry ingredients which have been sifted together. Drop by heaping teaspoons on greased baking sheet. Sprinkle sugar on top and bake in hot oven (400° to 425° F.) until the top springs back when lightly touched. The batter is meant to spread to about 1/2 inch depth during baking. It should not be too stiff when dropped. Approximate yield: 5 dozen.

SPICED OATMEAL COOKIES

1 c. shortening	3/4 t. salt
2 c. brown sugar	3 t. mixed spice
2 eggs	1 t. soda
1 c. sour milk	2 c. rolled oats
2 1/2 c. flour	2 c. raisins

Cream shortening with sugar; beat eggs and mix with milk. Mix flour well with soda, salt, and spices and then with the rolled oats and raisins. Add liquid and dry ingredients alternately to the creamed shortening and sugar. Drop on greased pans and bake 15 minutes in moderate oven (375° F.). This makes 4 dozen large cookies.

CHOCOLATE DROP COOKIES

1 c. brown sugar (rolled free from lumps)	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ c. butter	2 c. pastry flour
1 egg	f.g. salt
2 squares chocolate (melted and cooled)	1 t. vanilla
	$\frac{1}{2}$ c. milk

Cream fat. Gradually add sugar. Beat eggs and add to fat-sugar mixture. Alternately add milk and dry ingredients which have been sifted together. Add chocolate and vanilla and mix well. Drop by heaping teaspoons on greased baking sheet. Bake in moderate oven (about 350° F.). These cookies may be frosted if desired. (See Chocolate Butter Frosting, page 129.) Approximate yield: $2\frac{1}{2}$ dozen.

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ICE BOX COOKIES

Ice box cookies are made from mixtures very rich in fat. The dough is too soft and fatty to be rolled successfully. They are placed in the refrigerator after being mixed, and shaped into a form ready for slicing. After the fat has been hardened by the cold temperature, the dough may be sliced and the slices placed upon a baking sheet ready for baking.

Fairly large recipes may be made, as the dough can be kept for a week or 10 days in a cold refrigerator. Those who like very rich cookies, and like them freshly baked will appreciate the convenience of the ice box type of cookie mixture.

Ice box doughs may be shaped ready for slicing as follows:

1. Flour the hands and shape into long rolls. Wrap in heavy waxed paper.
2. Place dough in small tin or cardboard boxes lined with waxed paper. Empty butter cartons which are waxed can be used with no paper lining. Close one end and stand carton on end. Fill from open end, packing dough tightly to fill all spaces. Chill dough until hard enough to slice. Slice $\frac{1}{8}$ to $\frac{3}{16}$ inch thick and place upon ungreased baking sheet.

The dough may be forced through a cookie press without chilling if desired. This method is used for various types of rich novelty cookies.

PLAIN ICE BOX COOKIES

This is a particularly good recipe for rich tea cookies made into fancy shapes by use of a cookie press or sliced from a small round roll and decorated with colored sugars, strips of candied cherry, or angelica.

1 c. butter	1 t. baking powder
2 c. granulated sugar	$3\frac{1}{2}$ c. flour
2 eggs, well beaten	$\frac{1}{4}$ t. salt
1 c. nut meats	1 t. vanilla

Cream butter well, add sugar gradually, add egg, and blend well. Add dry ingredients gradually, beating well after each addition. Prepare for storing in refrigerator according to general directions above. Slice and bake on ungreased pan in moderate oven (400° F.) 5 to 8 minutes. Makes about 6 dozen cookies.

BUTTERSCOTCH COOKIES

2 c. brown sugar	1 c. chopped nuts
1 c. butter or other fat	3½ c. family flour
2 eggs	3 t. baking powder
2 t. vanilla	f.g. salt

Cream fat, add sugar gradually, add unbeaten eggs, and blend well. Add vanilla and dry ingredients which have been sifted together, and mix well. Add nuts. Store in refrigerator and slice according to general directions above. Bake in moderate oven (375° F.). Makes about 6 dozen cookies.

Variations of Butterscotch Cookies:

Cocoanut Cookies. — Substitute 1¼ c. shredded cocoanut for the nuts.

Chocolate Cookies. — Add 2 squares of melted chocolate to the foundation recipe with or without the nuts.

If one desires variety without making the full recipe of each, the dough may be divided into halves or thirds before adding nuts. Add nuts, cocoanut, or chocolate to these portions as desired, adding a suitable amount for the quantity of dough.

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COOKIE BARS

Cake-like cookie mixtures include such types as brownies and fruit bars. They may have either a sponge or butter cake basis.

DATE BARS

3 eggs	⅛ t. salt
½ c. sugar	1 c. nuts (chopped or ground fine)
1 c. flour	1 c. dates (chopped or ground fine)
½ t. baking powder	½ t. vanilla

Beat egg yolks. Add sugar, salt, flour, fruit, nuts and vanilla. Beat egg whites stiff and fold into mixture. Spread to about ½ inch depth on a greased baking sheet and bake in moderate oven (350° F.). Cut into squares or strips. This amount fills one baking sheet 12 x 16 inches. Approximate yield: 2 dozen.

FRUIT CAKE SQUARES

1 c. brown sugar	½ c. chopped nuts
2 eggs	1 c. chopped candied fruits (pine-apple, cherries, candied orange peel)
1 t. vanilla	Or 1 c. chopped dried fruits (figs, dates, raisins)
¾ c. family flour	
½ t. salt	
1 t. baking powder	

Beat eggs stiff. Add sugar gradually and continue beating. Add vanilla and fruits. Lightly stir in dry ingredients. Spread mixture about ½ to ¾ inch thick in a shallow greased pan. Bake for about 30 minutes in a moderate oven (350° F.). When cool cut into squares or strips. Approximate yield: 2 dozen.

FROSTED CARAMEL SQUARES

First Part:

$\frac{1}{2}$ c. fat	$\frac{1}{2}$ t. vanilla
1 c. white sugar	$1\frac{1}{2}$ c. flour
2 eggs well beaten	$\frac{1}{2}$ t. salt
	1 t. baking powder

Cream the fat with the sugar, add the eggs and beat. Stir in the sifted dry ingredients and the vanilla. Spread $\frac{1}{4}$ inch thick on a flat pan and sprinkle with chopped nuts.

Second Part:

Beat the white of an egg, fold in 1 cup of light brown sugar and flavor with $\frac{1}{2}$ teaspoon vanilla and a few grains of salt. Spread the mixture over the nuts and bake for about 20 minutes in a slow oven (325° F.). Cut in squares. Approximate yield: $2\frac{1}{2}$ dozen.

BROWNIES

2 eggs	$\frac{1}{2}$ c. family flour
1 c. sugar	1 c. chopped nuts
3 T. butter	1 t. vanilla
1 square chocolate	Pinch salt

Beat eggs until foamy. Add salt and continue beating until stiff. Add sugar gradually and continue beating. Melt chocolate and butter together and cool. Combine sugar and chocolate mixtures. Add flour and beat well. Add nuts and vanilla. Pour into two greased square cake pans. Bake 25 to 30 minutes in moderate oven (350° F.). This brownie is very rich, dark and moist inside. Sugar forms a light colored coating on top while baking. This gives the appearance of a thin frosting. Approximate yield: 2 dozen.

HONEY DATE BARS

1 c. honey	1 c. nut meats (chopped)
3 eggs	1 lb. dates (chopped)
1 t. baking powder	$\frac{1}{2}$ t. salt
$1\frac{1}{3}$ c. family flour or whole wheat flour	

Mix honey and well-beaten eggs. Add dry ingredients sifted together. Add chopped nuts and dates. Pour into shallow greased pan to about $\frac{1}{4}$ inch thickness. Bake in moderate oven 350° F. Wrap slab in waxed paper and store in tin or earthenware jar about two weeks before using. Cut into bars. Approximate yield: 3 dozen.

MOLASSES BARS

$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ c. fat	$\frac{1}{4}$ t. soda
1 egg	$1\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ c. milk
2 c. enriched family flour	1 c. nut meats
	1 c. chopped raisins

Cream the fat, add the sugar gradually, beat until very light and creamy. Beat in egg and molasses. Add the sifted dry ingredients to the fat mixture, alternately with the milk. Beat the batter after each addition until it is smooth. Stir in the nuts and dried fruits. Bake in a greased 9 by 12-inch pan in moderate oven, 375° . Cut the cake into bars before it is cold. About 36 bars, 1 by 2 inches.

MISCELLANEOUS RECIPES

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SOUR CREAM DOUGHNUTS

1 c. sugar		1 t. soda
1 c. sour cream	3 eggs	1 t. cream of tartar
Family flour to form soft dough		$\frac{1}{4}$ t. salt

Mix sugar, cream, and eggs and stir well. Sift soda, cream of tartar, and salt with about 2 c. flour. Add to first mixture and continue adding flour until a soft dough is formed which can be rolled. Roll on lightly floured board to $\frac{1}{2}$ or $\frac{5}{8}$ inch thickness. Cut with doughnut cutter which has been dipped into flour. Lift from board with edge of knife or spatula. Drop four or five at a time into fat heated to 365° F. As soon as doughnuts rise to top of fat turn them carefully with a fork, being careful to avoid piercing. Turn frequently until both sides are browned sufficiently. Remove to a pan which is covered with absorbent paper (crepe paper toweling is good) to drain off excess fat. Approximate yield: 2 dozen.

GINGERBREAD

1 c. molasses	2 eggs	1 t. ginger
$\frac{1}{2}$ c. sugar	3 c. flour	1 t. other spices
$\frac{1}{2}$ c. lard	1 t. soda	mixed
1 c. sour milk		$\frac{1}{8}$ t. salt

Sift dry ingredients together. Beat eggs, add milk, molasses, and fat. Add all dry ingredients and stir until mixture is smooth. Pour batter into greased shallow pan or into muffin pans, filling half full. Bake in moderate oven (350° F.) for 25 to 45 minutes, depending on size. Approximate yield: 18 servings.

CREAM PUFFS

1 c. boiling water	1 c. flour — family or pastry
$\frac{1}{2}$ c. butter	3 eggs

Add fat to boiling water. When melted add flour all at once and continue heating and stirring until the mixture is smooth and thick. Avoid overcooking. Remove from the fire. Add unbeaten eggs one at a time and beat batter thoroughly after each addition of egg. A stiff shiny batter should be the result. Drop by spoonfuls 2 inches apart on ungreased baking sheet. This makes 12 large puffs.

Bake in a hot oven (425° to 450° F.) for 10 to 15 minutes. Reduce temperature to 350° F. for balance of the time. The total cooking time is 45 to 60 minutes.

Filling for Cream Puffs.—

$\frac{3}{4}$ c. sugar	2 eggs	2 c. milk
$\frac{1}{3}$ c. flour	$\frac{1}{4}$ t. salt	1 t. vanilla

Mix dry ingredients, and add enough milk to form a smooth paste. Beat eggs slightly in top of double boiler. Add paste and balance of milk. Cook until thick, stirring constantly. Cover and cook 5 or 10 minutes longer. Remove from fire, cool, and add vanilla. When puffs are done, cool, cut an opening near the top and fill with cream filling. Whipped cream sweetened and flavored may be used instead of cooked filling if preferred.

Cakes and Frostings

Cakes are of two types: cakes with fat, often called butter cakes; and sponge cakes which contain no fat. The latter may be white sponge, angel food, or yellow sponge cake.

BUTTER CAKES

The most important methods for mixing butter cakes are:

1. Conventional Method — which consists of:

Creaming the fat.

Gradually adding sugar while creaming.

Adding egg yolks beaten or unbeaten and mixing thoroughly.

Adding alternately the dry ingredients which have been sifted together and the liquid.

The flavoring may be added to the fat-sugar mixture, to the liquid, or while adding the liquid and flour.

The beaten egg whites are added last.

A modification of this method consists of adding the whole beaten eggs to the fat-sugar mixture instead of folding in the beaten whites at the last.

2. Mixer Method —

All ingredients are placed in the mixing bowl together and beaten about 5 minutes, or until the batter is smooth and light.

The fat must not be melted, but must be soft enough to blend with other ingredients so that no lumps of fat remain. Allow fat to stand at room temperature until soft, or cream the fat before adding other ingredients to the bowl.

The eggs are unbeaten.

The leavening agent is sifted with the flour.

Skill in the use of this method can produce a good cake.

3. Muffin Method —

Sift dry ingredients together in bowl which is to be used for mixing.

Beat eggs.

Add liquid and flavoring to eggs.

Add melted fat to liquid ingredients.

Turn liquid all at once into dry ingredients and beat until smooth.

This method does not produce an excellent cake, but is usable for plain cake which is baked as cup cakes or which is to be eaten fresh.

PLAIN STANDARD CAKE

$\frac{1}{3}$ c. butter

1 c. sugar

2 eggs

$\frac{1}{4}$ t. salt

$\frac{2}{3}$ c. milk

2 c. cake flour

$2\frac{1}{2}$ t. tartrate or phosphate baking powder

Or 2 t. combination baking powder

$\frac{1}{2}$ t. vanilla

Cream butter, gradually add sugar, and continue creaming. Add extract and blend well. Add unbeaten egg yolks and beat until mixture is very light. Sift dry ingredients together. Add 1 heaping tablespoon of dry ingredients and stir gently until flour is partially moistened, then stir for about $\frac{1}{2}$ minute. Add 2 T. milk and

stir about five revolutions. Continue with dry and liquid ingredients until all are added. Quickly beat egg whites stiff but not dry. Fold into the batter quickly but thoroughly. Pour into greased cake pan and bake at 350° F. for 20 minutes. Increase temperature to 375° F. for the remaining time (about 20 to 25 minutes) Approximate yield: 12 servings.

Variations:

1. Bake as cup cakes. Fill muffin pans one-half or two-thirds full. Frost as desired. (See pp. 127-129 for Frostings.)
2. Add $\frac{3}{4}$ c. finely chopped nuts.
3. Add $\frac{1}{2}$ to 1 c. raisins.
4. Add 1 $\frac{1}{2}$ squares chocolate, melted and cooled. Reduce flour 2 tablespoons.
5. Add to dry ingredients:

1 t. cinnamon	}	This amount of spice gives a lightly spiced cake
$\frac{1}{2}$ t. cloves		
$\frac{1}{2}$ t. nutmeg		

WHITE CAKE

$\frac{2}{3}$ c. butter 2 c. sugar 1 c. milk 5 t. tartrate or phosphate baking powder Or 4 t. combination baking powder	$3\frac{1}{2}$ c. flour $\frac{2}{3}$ t. lemon extract 1 $\frac{1}{3}$ t. vanilla Whites of 6 eggs
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Cream fat, gradually add sugar, and continue creaming. Add extract and blend well. Sift dry ingredients together. Add 2 rounded tablespoons of dry ingredients and 2 to 3 tablespoons liquid ingredients alternately, stirring about $\frac{1}{2}$ minute or less after flour additions and about five or six revolutions after liquid. Beat egg whites quickly until stiff but not dry. Fold egg whites into batter quickly but thoroughly.

Pour into greased cake pan or layer pans and bake as plain standard cake. Use any desired frosting. Approximate yield: 20 servings.

DEVILS FOOD CAKE

Part I.—

4 squares chocolate, shaved fine	$\frac{1}{2}$ c. sweet milk
1 c. light brown sugar	

Place over low fire until chocolate is melted and mixture thickens. Cool.

Part II. —

1 c. light brown sugar	1 t. soda
$\frac{1}{2}$ c. butter	3 c. flour
1 c. sweet milk	1 t. vanilla
Yolks of 3 eggs, or 2 whole eggs	

Mix as for standard cake. Combine parts I and II. Bake in layers in moderate oven (350° F.) for about 25 minutes. Yield: 16 to 18 servings.

Filling. —

1 $\frac{1}{2}$ c. light brown sugar	$\frac{1}{2}$ c. cream
1 square chocolate, shaved fine	1 T. butter

Boil 3 minutes. Beat until stiff enough to spread.

BROWN SUGAR CAKE

1 1/2 c. medium dark brown sugar	2 c. pastry flour
1/2 c. butter	1/4 t. salt
1/2 c. sour milk	1 package dates, cut fine
1/2 t. soda	1/2 c. chopped nuts
2 t. baking powder	Grated rind of one lemon

Cream butter, add sugar gradually while creaming. Alternately add milk and dry ingredients which have been sifted together. Add dates, nuts, and lemon rind. Bake in shallow pan in moderate oven (350° F.) about 25 minutes. Cover with orange butter frosting (see page 129). Approximate yield: 12 servings.



Fig. 19.—Nothing makes a more tempting dessert than a piece of good cake.

CHOCOLATE CAKE

1 1/2 c. sugar	1 t. soda
1/2 c. butter	2 c. flour
3 eggs	1/2 t. vanilla
1 c. milk	1/2 t. lemon extract
2 squares chocolate, shaved fine	

Combine chocolate and 1/2 c. milk. Heat slowly until chocolate melts and mixture thickens; avoid scorching. Cool mixture. Cream butter, and add sugar gradually. Add eggs, one at a time, unbeaten, and beat well after each addition of egg. Add chocolate paste and extract. Sift dry ingredients together. Alternate by adding dry and liquid ingredients. Bake in two layers in moderate oven (350° F.) for about 25 minutes. Frost with cooked or uncooked chocolate frosting or white boiled or marshmallow frosting. (See pp. 127-129 for Frostings). Approximate yield: 12 servings.

BANANA CAKE

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ t. salt
$1\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. sour milk or buttermilk
2 eggs, well beaten	1 t. vanilla
2 c. sifted flour	1 c. heavy cream, whipped and sweetened
$\frac{1}{2}$ t. baking powder	3 bananas, sliced
$\frac{3}{4}$ t. soda	1 c. mashed banana (2 to 3)

Cream butter thoroughly, add sugar gradually, and cream them together until light and fluffy. Add eggs, and beat well. Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Add milk to mashed bananas. Add flour alternately with combined milk and bananas, a small amount at a time, and beat after each addition until smooth. Add flavoring. Bake in two well-greased 8-inch layer pans in a moderate oven (375° F.) 30 minutes, or until done. Cool.

Put cool layers together with whipped cream and sliced banana. Spread whipped cream over top of cake and garnish with sliced bananas. Approximate yield: 12 servings.

APPLE SAUCE CAKE

$\frac{1}{2}$ c. fat	1 c. chopped raisins
$\frac{1}{2}$ c. sugar	$2\frac{1}{2}$ c. sifted flour
$\frac{1}{2}$ c. molasses	$\frac{1}{2}$ t. cloves
1 c. unsweetened, thick, smooth apple sauce	$\frac{1}{2}$ t. cinnamon
1 t. soda	$\frac{1}{4}$ t. nutmeg
1 egg	$\frac{1}{2}$ t. salt

Cream the fat and sugar together, add the apple sauce. Mix the raisins with $\frac{1}{2}$ cup of flour, sift the rest of the flour with the spices, soda, and salt. Add the dry ingredients to the first mixture. Beat well, pour into a greased pan, and bake in a moderate oven (300° to 325° F.) for about 1 hour. Yield: 12 to 15 servings.

SPICE CAKE

1 c. sugar	2 c. pastry flour
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. raisins
2 eggs	1 t. cloves
1 c. sour milk	1 t. nutmeg
1 t. soda	2 t. cinnamon

Cream fat, and gradually add sugar. Beat eggs and add, mixing thoroughly. Sift dry ingredients together. Alternately add dry and liquid ingredients. Add raisins. Bake in loaf or thick sheet in moderate oven (350° F.) for about 40 to 50 minutes. Approximate yield: 12 servings.

PRUNE CAKE

$1\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ t. soda
$\frac{3}{4}$ c. butter	$1\frac{1}{3}$ t. cinnamon
2 eggs	$\frac{3}{4}$ t. cloves
$1\frac{1}{3}$ c. buttermilk or sour milk	2 t. baking powder
$1\frac{1}{3}$ c. prunes	3 c. flour

Cream fat, add sugar gradually, and continue creaming. Add beaten eggs and mix well. Sift dry ingredients together. Alternately add dry and liquid ingredients, and mix thoroughly. Soften the prunes by steaming and cut fine before stirring into batter. Bake in moderate oven (350° F.) for about an hour. This amount makes two square cakes. Approximate yield: 18 servings.

SOUR CREAM CAKE

1 c. thick sour cream (about 18 or 20% fat)	2 c. cake flour or $1\frac{3}{4}$ c. family flour
1 c. sugar	$\frac{1}{2}$ t. soda
1 t. vanilla	$\frac{1}{4}$ t. salt
2 eggs	2 t. baking powder

Sift dry ingredients together. Mix cream, sugar, and egg yolks, and beat with a rotary beater until very light. Add dry ingredients and flavoring, then fold in egg whites which have been beaten stiff but not dry.

Bake as a thick sheet in greased pan in moderate oven (350° F.) for 35 to 40 minutes. Approximate yield: 12 servings.

Variations:

Spice Cake. — Add to dry ingredients 1 t. cinnamon, 1 t. nutmeg, and $\frac{1}{2}$ t. cloves.

Fruit-nut Cake. — Add $\frac{1}{2}$ c. chopped dates or raisins, $\frac{1}{2}$ T. grated orange rind, and $\frac{1}{2}$ c. chopped nuts.

RASPBERRY TORTE

$1\frac{1}{3}$ c. sifted flour	4 egg yolks
$1\frac{1}{3}$ t. baking powder	4 T. milk
$\frac{1}{2}$ c. fat	4 egg whites
$\frac{1}{2}$ c. sugar	1 c. sugar
1 qt. raspberries sweetened	

Sift flour once, measure, add baking powder and sift together. Cream butter; add sugar gradually and cream together until light and fluffy. Add egg yolks one at a time, beating thoroughly after each addition. Add flour alternately with milk, a small amount at a time, beating well. Spread in two greased layer pans (about 9-inch pans). Beat egg whites until foamy. Add sugar, 2 tablespoons at a time; beat after each addition until sugar is thoroughly blended. After all sugar is added, continue beating until mixture will stand in peaks. Spread in equal amounts on top of each layer. Bake 25 minutes in a slow oven (325° F.), then increase to moderate (350° F.) and bake 30 minutes longer. Spread sweetened raspberries between layers, and top with whipped cream and raspberries. Cut in wedges for serving. Approximate yield: 8 servings.

FUDGE CAKE

2 c. sugar	2 eggs
$\frac{1}{4}$ c. butter	$1\frac{1}{2}$ c. milk
4 squares chocolate melted and cooled	2 t. vanilla
2 c. cake flour	2 t. baking powder (any type)

Cream butter, add sugar gradually, and continue creaming. Add extract and egg yolks and beat well. Add chocolate, being sure it is cool. Sift dry ingredients together. Alternately add dry ingredients and milk. Because of the consistency of the batter, it is better to add all of the flour while adding about two-thirds of the liquid. Thin the batter with balance of liquid at the end. Beat egg whites and add quickly to mixture.

Bake in two layers or thick sheet in moderate oven (350° F.) for about 25 minutes. Frost with cooked or uncooked frosting. (See pp. 127-129 for Frostings). Approximate yield: 12 servings.

CARAMEL CAKE

1 $\frac{1}{2}$ c. sugar	1 c. water
$\frac{1}{2}$ c. butter	$\frac{1}{4}$ t. salt
3 eggs	4 t. phosphate or tartrate baking powder
1 t. vanilla	Or 3 t. combination powder
2 T. caramel sirup	
3 c. cake flour	

For Caramel Sirup. —

$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. boiling water
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Prepare caramel sirup by heating the sugar in pan over slow fire until melted and medium dark brown. Pour the boiling water over sirup. Continue to heat until lumps are dissolved.

Cream butter, gradually add sugar, and continue creaming. Add egg yolks and beat well. Add sifted dry ingredients alternately with water, adding vanilla and caramel sirup while stirring. Add beaten egg whites quickly. Bake in two 9-inch layers in moderate oven for 25 minutes. Spread with caramel 7-minute frosting (see p. 129). Approximate yield: 18 servings.

HONEY POUND CAKE

$\frac{3}{4}$ c. shortening	2 c. pastry flour
$\frac{3}{4}$ c. sugar	$\frac{1}{2}$ t. soda
$\frac{3}{4}$ c. honey	$\frac{1}{2}$ t. cinnamon
4 eggs	$\frac{1}{2}$ t. ginger

Cream fat and sugar together, add honey, and well-beaten egg yolks. Sift dry ingredients together and add to mixture. Fold in stiffly beaten egg whites. Beat 5 minutes. Pour into warm tin with high sides. Bake 1 hour in moderate oven (350° F.). Approximate yield: 12 servings.

FRUIT CAKE (3 loaves)

1 pound each of butter, sugar, flour	2 t. cinnamon
10 eggs	2 t. mace
2 pounds currants	1 t. cloves
2 pounds raisins	1 t. nutmeg
1 pound citron, cut fine	$\frac{1}{2}$ c. molasses
Juice of one lemon	2 t. each of extract of rose, lemon, orange

Cream fat, gradually add sugar, and continue creaming. Add beaten eggs and mix well. Add extract and molasses. Sift dry ingredients together and add. Stir in mixed fruits. Fill loaf pans about two-thirds full; tie waxed paper over tops of pans. Steam cakes 1 $\frac{1}{2}$ hours, then remove paper and bake in slow oven (300° F.) for about 1 hour. Cakes may be baked for the whole period if desired. When cool, wrap in waxed paper and store in tightly closed cake box or earthenware jar.

WHITE FRUIT CAKE (3 loaves)

1 pound flour	10 eggs
1 pound sugar	Juice 1 lemon
1 pound butter	$\frac{1}{2}$ t. cinnamon
1 pound white raisins	$\frac{1}{2}$ t. mace
1 pound citron, cut fine	$\frac{1}{2}$ t. salt

Mix and bake as dark fruit cake. Follow same directions for care and storage.

SPONGE CAKES

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METHODS FOR MIXING SPONGE CAKES

In white sponge or angel food cake only the whites of eggs are used. After beating the whites to a foam, salt and cream of tartar are sifted over the surface and water (if used) and flavoring added. The whites are then beaten to a desired stiffness. The sugar and then the flour are carefully and gradually folded into the egg whites.

Yellow sponge may be made by several methods:

1. Whole egg method —

Beat whole egg as stiff as it can be beaten. Fold or beat in sugar, lemon juice and rind. Fold in flour.

2. Separated egg methods:

a. Beat the yolks. Add the sugar, lemon juice and rind, the water (if used), and the salt. Beat as stiff as possible. Fold in the flour gradually. Beat the egg whites stiff but not dry. Fold whites into yolk mixture.

b. Add lemon juice, lemon rind, salt, and water to the sugar. Mix well. Add unbeaten egg yolks and beat until as stiff as possible. Fold in the flour. Beat the egg whites stiff but not dry. Fold whites into yolk mixture.

c. Sirup method. — Cook sugar and $\frac{1}{2}$ cup water until it threads (just under soft ball stage). Pour sirup over beaten egg whites and beat as for frosting. Beat yolks, add lemon juice, lemon rind, and salt, and beat until stiff as possible. Combine yolk and white mixtures carefully. Fold in flour gradually.

d. Hot water sponge. — Beat egg yolks as stiff as possible. Add half the sugar in about four portions, beating well after each addition of sugar. Add boiling water a tablespoon at a time, and beat about $\frac{1}{2}$ minute after each addition of water. Allow mixture to cool. When cool, beat the yolk mixture again until very stiff. Add the remainder of the sugar, the flavoring, and the flour by folding them into the mixture. Fold in egg whites which have been beaten with the salt and cream of tartar.

When eggs are high in price, modified or cheapened sponge cakes can be made in which hot water or milk, baking powder, and increased flour are used with a smaller number of eggs.

ANGEL FOOD CAKE

1 c. egg whites (Have eggs at room temperature — 70° F.)	
2 T. cold water	1 $\frac{1}{4}$ c. granulated sugar
1 t. cream of tartar	1 c. cake flour
$\frac{1}{4}$ t. salt	1 t. flavoring

Place egg whites in the bowl which is to be used for mixing. Beat egg whites about 20 revolutions with a rotary beater. Add water, extract, and sift cream of tartar and salt over surface of egg white. Continue beating until stiff but not dry. Sift sugar about 2 T. at a time over surface of egg whites and fold in gently with spatula or thin metal spoon. Use a total of approximately 60 strokes to add the sugar. Repeat with flour, using a total of about 90 strokes for folding in flour. The dry ingredients must, of course, be thoroughly blended with the egg white. The number of strokes suggested are only approximate, and will vary even for the

same individual. It should be remembered that over-manipulation tends to cause too much loss of air, resulting in a cake which is compact and of small volume. Too little manipulation is one cause of coarse grain.

Bake in ungreased pan at 300° to 350° F. for 30 to 60 minutes. Yield: 12 to 16 servings.

SPONGE CAKE

6 eggs	$1\frac{1}{2}$ T. lemon juice
1 c. sugar	$1\frac{1}{2}$ T. water
$1\frac{1}{4}$ c. cake flour	$\frac{1}{4}$ t. salt
1 T. grated lemon rind (lightly measured)	

Mix by method (a) or (b):

(a) Beat the yolks. Add the sugar, lemon juice and rind, water, and salt. Beat as stiff as possible. Fold in the flour gradually. Beat the egg whites stiff but not dry. Fold whites into yolk mixture. Yield: 12 to 16 servings.

(b) Add lemon juice, lemon rind, salt, and water to the sugar. Mix well. Add unbeaten egg yolks and beat until the mixture is as stiff as possible. Fold in the flour. Beat the egg whites stiff but not dry. Fold egg whites into yolk mixture. Bake in ungreased pan at 300° to 350° F. for 30 to 60 minutes.

HOT WATER SPONGE CAKE

5 eggs	$\frac{1}{4}$ t. salt
1 c. sugar	$\frac{3}{4}$ t. cream of tartar
1 c. cake flour	3 T. boiling water
1 t. vanilla	

Beat egg yolks as stiff as possible. Add half the sugar in about four portions, beating well after each addition of sugar. Add boiling water, a tablespoon at a time, and beat about $\frac{1}{2}$ minute after each addition of water. Allow mixture to cool, then beat the yolk mixture again until very stiff. Add the remainder of the sugar, the extract, and the flour by folding them into mixture. Fold in egg whites which have been beaten with the salt and cream of tartar. Bake in ungreased pan at 300° to 350° F. for 30 to 60 minutes. Approximate yield: 12 servings.

FROSTINGS

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FUDGE FROSTING

$1\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ to 2 squares (ounces) bitter
$\frac{1}{2}$ c. milk	chocolate
2 T. butter	f.g. salt
$\frac{1}{2}$ t. vanilla	

Combine ingredients, except vanilla and butter, and boil until the sirup will barely form a soft ball when dropped into cold water (234° to 238° F.). Remove from fire, cool until lukewarm, add vanilla and butter, and beat until creamy and stiff enough to spread.

BOILED FROSTING

$\frac{2}{3}$ c. boiling water
 $\frac{1}{8}$ t. cream of tartar

$1\frac{1}{2}$ c. sugar

2 egg whites
1 t. vanilla



Fig. 20.—A birthday cake with candles and decorative frosting makes a child's heart glad.

Boil sugar, water, and cream of tartar until it "hairs" or "threads" from spoon. If tested in cold water, the mass can barely be collected into a soft ball. If a thermometer is used, cook to a temperature of 234° F. Pour slowly over beaten egg whites, beating continuously as sirup is added. Continue beating until stiff enough to spread. Add vanilla while beating.

MARSHMALLOW FROSTING

Cut $\frac{1}{4}$ to $\frac{1}{2}$ pound marshmallows into pieces, and add to Boiled Frosting after sirup has been added to the egg whites.

If a lumpy appearance is desired, add marshmallows after frosting is cool.

SEVEN-MINUTE FROSTING

$1\frac{1}{2}$ c. sugar

5 T. water

$\frac{1}{2}$ T. white corn sirup

1 t. vanilla

2 egg whites (unbeaten)

Place sugar, water, egg white, and corn sirup in top of double boiler. Beat with rotary beater until mixed, then place over boiling water in lower part of double boiler; keep the water boiling during the whole cooking process. Beat continuously until stiff enough to hold its form when beater is withdrawn. This will require about 7 minutes. Remove from fire, add vanilla, and beat until stiff enough to spread.

CARAMEL SEVEN-MINUTE FROSTING

Use 2 T. caramelized sugar sirup instead of vanilla in seven-minute frosting.

CHOCOLATE SEVEN-MINUTE FROSTING

Add to seven-minute frosting three squares melted bitter chocolate with the vanilla when mixture is removed from fire.

TWICE-COOKED FROSTING

1 1/2 c. granulated sugar	2 egg whites
3/4 c. water	1 t. flavoring extract
1 T. corn sirup	Few grains salt

Boil sugar, corn sirup, salt and water, without stirring, to a soft ball stage (250° F.). Pour slowly over beaten egg whites. Add flavoring and beat until smooth. Put bowl into pan of hot water, beating continuously until frosting grates slightly on bottom of bowl and holds its shape. Spread on cake.

Variations:

A thin layer of melted chocolate may be put on after white frosting has set slightly.

Brown sugar may replace white sugar. Cook sirup to a firmer soft ball than when white sugar is used.

Sprinkle grated cocoanut or chopped nuts over the top, or arrange whole nut meats on top of frosting.

Two squares (ounces) of chocolate may be cooked with sirup.

CARAMEL FROSTING

2 c. light brown sugar	f.g. salt
2/3 c. water or milk	2 T. butter
	1/2 t. vanilla

Cook as for fudge frosting, except that it is cooked to a slightly higher temperature. The sirup can be collected into a soft ball when dropped into cold water.

ORANGE BUTTER FROSTING

3 T. butter	1 egg yolk
1 T. grated orange rind	3 c. (or less) sifted confectioners' sugar
4 T. orange juice	1/8 t. salt

Cream butter, add egg yolk, and mix well. Add about half of sugar, gradually stirring well after each addition of sugar. Add remainder of sugar alternately with orange juice and rind which have been mixed.

CHOCOLATE BUTTER FROSTING

4 T. butter	1/2 t. vanilla
1 1/2 squares bitter chocolate	2 c. confectioners' sugar (roll or sift to remove lumps)
1 T. milk or cream	f.g. salt

Cream butter, add half of sugar, and cream well. Add salt, melted chocolate, and vanilla. Add remainder of sugar and milk or cream until of right consistency to spread.

A perfect batter will make a perfect cake only when it is baked correctly. Pre-heat oven and prepare pans before mixing. Bake at the specified temperature.

Pastry



The making of a pie with a flaky, tender crust is considered by many a difficult task. A study of the process reveals that it is a relatively simple one which invariably turns out well if a good recipe and directions are carefully followed.

PLAIN PASTRY (For two crusts)

1 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ c. fat

$\frac{1}{2}$ t. salt
About 4 $\frac{1}{2}$ T. cold water

Cut the fat into the flour with two knives, or crumble it with the tips of the fingers until it is like coarse meal. Then enough water should be added to form a stiff dough which will make a ball and leave the sides of the bowl. There should be no crumbs of flour left uncombined. Enough water must be used to keep the dough from crumbling, but not so much that the dough is like rubber. Divide the dough, roll out to $\frac{1}{8}$ inch thickness on a slightly floured board until it is a little larger than the pan. Trim, crimp the edge with fingers, or mark it with a fork. Prick the crust to prevent large bubbles and bake in a hot oven (450° F.) for about 12 minutes.

To cover a pie, roll dough to $\frac{1}{8}$ inch thickness a little larger than the pan. Make perforations to allow steam to escape. Moisten edge of lower crust, fit on the upper crust, trim and mark with a fork or shape with the fingers to hold together.

If the filling is already cooked the pie may be baked a little below 450° F. If filling is uncooked start the baking at 450° F. and reduce to 350° F. at the end of 8 to 10 minutes so the filling may cook. Yield: Pastry for one 9-inch pie.

APPLE PIE

4 to 6 cooking apples
 $\frac{3}{4}$ c. sugar
2 T. butter

$\frac{1}{4}$ t. salt
 $\frac{1}{8}$ t. cinnamon
Nutmeg, if desired

Core and pare the apples and cut in slices or circles. Line a deep pie tin with pastry and pack the apples in carefully. Mix the seasonings and sprinkle over the top. Dot with butter. Add the upper crust after moistening the rim of the lower crust. Trim and press edges together. Bake at 450° F. for 8 to 10 minutes, then lower the heat to 350° and bake 30 to 45 minutes or until apples are tender. Yield: 6 servings.

SWISS APPLE PIE

4 to 5 good-sized apples
 $\frac{1}{2}$ c. sugar
1 c. cream or top milk

$\frac{1}{2}$ t. cinnamon
1 egg, beaten

Line pie plate with pastry. Cut apples in small dice; add sugar, cinnamon, eggs, and cream; mix, and pour into the crust. Lay strips of pie crust criss cross over the top of pie, and bake in a moderately hot oven (375° F.) for 35 minutes. Yield: 6 servings.

RAISIN CUSTARD PIE

1 c. seedless raisins
2 c. scalded milk
 $\frac{1}{3}$ c. sugar

$\frac{1}{4}$ t. nutmeg, if desired
3 eggs
Few grains of salt

Plump raisins in hot water and drain. Beat the eggs, add sugar, salt, scalded milk, and raisins. Pour into a pan lined with pastry and bake in a hot oven (400° F.) 10 minutes to set the crust, then reduce to 325° F. and bake until the custard is set. Yield: 6 servings.

LEMON PIE

1 c. sugar
 $\frac{1}{3}$ c. flour
 $1\frac{1}{2}$ c. water
 $\frac{1}{4}$ t. salt
3 egg yolks

$\frac{1}{2}$ t. grated lemon rind
4 T. lemon juice
1 T. butter
3 stiffly beaten egg whites
and 6 T. sugar for meringue

Mix the dry ingredients; add $\frac{1}{4}$ c. of the water and mix until smooth. Add remaining water hot, and cook about 5 minutes. Add lemon rind and juice, butter, and slightly beaten yolks. Stir constantly, cooking a few minutes longer. Partially cool and pour into a baked crust. Add the meringue and cook in a moderate oven (350° F.) for 15 to 20 minutes. Yield: 6 servings.



Fig. 21.—Pie, a favorite American dessert.

PEACH CREAM PIE

5 to 6 peaches	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ t. lemon extract
2 c. scalded milk	$\frac{1}{3}$ c. flour
2 eggs	

Line a medium-sized pie plate with pastry having a fluted rim, and bake at 450° F. for 12 minutes. Cover this with sliced peaches and pour over them the cream filling made as follows: Beat the eggs and add sugar, flour and salt mixed together. Add the milk and cook 15 minutes in the top of a double boiler, stirring constantly. Let cool and add the lemon extract. Top the pie with whipped cream if desired. Yield: 6 servings.

OLD-FASHIONED MOLASSES CUSTARD PIE

1 c. molasses	Pastry
3 eggs	$1\frac{1}{2}$ T. flour
1 c. sugar	2 T. melted butter
1 c. milk	

Line a large pie plate with pastry having a fluted edge. Combine the molasses, egg yolks slightly beaten, sugar, milk, flour, and melted butter and fold in the egg whites last. Pour into the pastry lined plate and bake at 450° F. for 10 minutes to set the rim, and at 325° F. for 30 minutes to complete the baking. Two small pies may be made instead of one large one, if desired. Yield: 6 servings.

BUTTERSCOTCH PIE

$\frac{1}{2}$ c. dark brown sugar	2 egg yolks
$\frac{1}{3}$ c. flour	2 c. milk
1 T. butter	2 t. vanilla

Melt butter, add flour and sugar which have been mixed well together. Add milk and beaten egg yolks. Cook in double boiler, stirring constantly. Add vanilla.

Fill a baked shell. Cover with meringue made from two egg whites, 2 T. powdered sugar and $\frac{1}{4}$ t. vanilla. Beat whites until stiff, add sugar gradually and continue beating until all has been added. Add flavoring. Bake 15 minutes in a moderate oven (350° F.). Yield: 6 servings.

SOUR CREAM PIE

1 c. sour cream	$\frac{1}{8}$ t. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. seeded raisins
2 egg yolks	2 egg whites
$\frac{1}{2}$ t. cinnamon	6 T. sugar
$\frac{1}{4}$ t. cloves	

Line a small pie plate with pastry having a fluted edge. Combine the sour cream and the $\frac{1}{2}$ cupful of sugar; add the egg yolks well beaten, the spices, salt, and raisins finely chopped. Fill the pastry lined pie plate with the mixture. Bake at 450° F. for 10 minutes to set the rim and then at 325° F. for 30 minutes. Remove and top with a meringue made from the egg whites and the 6 tablespoons of sugar. Brown at 350° F. for 15 minutes. Yield: 3 to 4 servings.

BERRY PIES

The method of making fruit and berry pies, as well as the ingredients used, is about the same no matter what fruit is used. For thickening, use 1 tablespoon of cornstarch or flour to each cup of fruit. The following recipes are for fresh fruit. If canned fruit is used, the amount of sugar used will depend on how much the canned fruit has been sweetened. Brushing the inside of the bottom crust with a light covering of melted butter or egg white or dusting with flour will help to prevent a "soggy" lower crust.

Cherry Pie. —

4 c. fruit	Pinch of salt
1 $\frac{1}{2}$ c. sugar	Butter, if desired
3 T. cornstarch or 4 T. flour	

Blackberry or Raspberry Pie. —

3 c. fruit	3 T. cornstarch or flour
$\frac{1}{2}$ c. sugar	1 T. butter

Red Raspberry Pie. —

3 c. fruit	2 T. cornstarch or flour
$\frac{1}{2}$ c. sugar	1 T. butter

CHOCOLATE CREAM PIE

3 sq. chocolate	2 egg yolks
2 $\frac{1}{2}$ c. milk	1 t. vanilla
1 c. sugar	1 baked 9-inch pie shell
6 T. flour	2 egg whites
$\frac{1}{2}$ t. salt	4 T. sugar

Add chocolate to milk and heat in double boiler until blended. Combine sugar, flour, and salt. Add gradually to chocolate mixture and cook until thickened, stirring constantly; continue cooking 10 minutes. Pour over slightly beaten egg yolks, stirring vigorously; return and cook 2 minutes. Add butter and vanilla. Cool. Turn into baked pie shell. Beat egg whites until foamy; add sugar gradually and beat until mixture stands in peaks; pile lightly on filling. Bake in moderate oven (350° F.) 15 minutes. Yield: 6 servings.

VERMONT CREAM PIE

Whites of 4 eggs	1 pt. hot cream
1 T. flour	1 t. vanilla
$\frac{1}{2}$ c. sugar	Nutmeg

Beat the egg white until you can take up a spoonful. Mix flour and sugar, add egg, and stir until well mixed. Add cream to the mixture, then flavoring. Pour it into a pie plate lined with uncooked rich crust. Bake at 425° F. for 15 minutes, then reduce the heat to 325° F. and bake 25 minutes. Maple sugar may be used in place of granulated, in which case other flavoring should be omitted. Yield: 6 servings.

CHIFFON PIE

1 envelope gelatin	1 c. granulated sugar
4 T. water	$\frac{1}{4}$ c. lemon juice
4 eggs	1 t. lemon rind
$\frac{1}{2}$ t. salt	

Soak gelatin for 5 minutes in cold water. Beat egg whites and add $\frac{1}{2}$ cup sugar. Beat yolks and add $\frac{1}{2}$ cup sugar, salt, and lemon juice. Cook the yolk mixture in double boiler until it thickens; remove from fire and add rind and gelatin. Cool. Fold in egg whites, and pour into baked shell. Cover with whipped cream and chill. Any fruit juice or fruit may be substituted. Yield: 6 servings.

PUMPKIN OR SQUASH PIE

1 $\frac{1}{2}$ c. pumpkin or squash	$\frac{1}{4}$ t. cloves
$\frac{2}{3}$ c. brown sugar	$\frac{1}{4}$ t. ginger
3 eggs	1 t. cinnamon
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ t. nutmeg
1 $\frac{1}{2}$ c. rich milk	

Partially bake 1 large deep, or two medium-sized, pastry crusts in a fairly hot oven. Beat eggs slightly. Mix pumpkin with sugar and spices and add to eggs. Add milk. Pour into partially baked shells, and bake in a slow oven (300° to 350° F.) until center of filling is firm. Cool and serve with whipped cream. Try separating yolks from whites of eggs for a change; beat egg whites until stiff, and fold into pumpkin mixture just before pouring it into the crust. Yield: 6 servings.

MINCEMEAT FOR PIES

3 lbs. lean beef	1 t. cloves
1 lb. finely chopped suet	1 t. allspice
4 lbs. tart apples	1 T. salt
3 lbs. brown sugar	1 pt. cider
3 lbs. seedless raisins	1 pt. fruit juice or canned fruit
2 lbs. currants	such as red cherries
2 t. cinnamon	2 oranges, juice and one rind
2 t. nutmeg	2 lemons, juice and one rind

Simmer the beef until almost tender. Cool, chop, and return to meat broth. Chop apples and suet, and add to meat. Add all other ingredients except lemon and orange; simmer until apples are tender, then add orange and lemon juice and grated rind. Approximate yield: 3 $\frac{1}{2}$ quarts.

GRAHAM CRACKER PIE CRUST

$\frac{1}{4}$ c. sugar	1 $\frac{1}{2}$ c. graham cracker crumbs
$\frac{1}{2}$ c. butter (scant)	

Crush graham crackers until fine; mix with butter and sugar. Pat mixture into pie pan. Place pie pan in a cold place. Allow to stand for several hours, then fill with any cream pie filling and bake. Makes lower crust for one 9-inch pie.

• •

What moistens the lip, and what brightens the eye;
What brings back the past like a rich pumpkin pie?—*J. G. Whittier.*

Fruit and Sugar Confections

Dried fruits make excellent confections to be used in place of candy. Dates, figs, and raisins need only to be inspected, freed from inedible portions, and washed if they have not been processed in the package. Prunes should be steamed for about 10 minutes or until pits may be removed with a pointed knife, apricots should be steamed for 5 minutes.

STUFFED DATES OR PRUNES

Remove seeds from fruit. If fruit is just to be coated with sugar, shake four to six at a time in a paper bag or sack containing $\frac{1}{4}$ cup of granulated sugar, or roll in granulated sugar. A little cinnamon may be mixed with the sugar if desired.

The fruit may be stuffed with:

Plain or salted nuts Fondant Marshmallows Peanut butter

MIXED FRUIT

Chop or grind one part each of dates, raisins, nuts, and one-half part of figs. Dredge a board with sugar and knead the mixture until it is well blended. Roll it $\frac{1}{3}$ inch in thickness and make into shapes. Roll each piece in sugar and pack in tin boxes. Dried apples and peaches may be substituted for the dates and figs.

CANDIED ORANGE PEEL

Select oranges with bright thick skins. Peel and cut the rind into pieces of uniform size, 2 or 3 inches long and $\frac{1}{4}$ inch wide. Cover with cold water, and bring almost to boiling point, but do not boil. Drain and repeat this process twice again.

Add to the peel its own weight in granulated sugar. Cover again with cold water and boil until no sirup shows in the saucepan when it is held to the side. Spread on a buttered platter and when partly cool roll in sugar.

FRUIT PASTE

2 c. fruit pulp (apples, peaches, or plums)

1 c. sugar

Cook this mixture carefully until it is thick and clear. Turn it on a greased platter. Dry until a film forms over the top. Turn onto a cloth or a wire screen and dry until it loses its stickiness. Roll the paste in paraffin paper and pack into a tin box or glass jar. Cut into 1 inch squares or strips. Roll in granulated sugar. Approximate yield: $\frac{3}{4}$ pound.

CANDY

Principles of Sugar Cookery. — The basic ingredient of all candy is sugar. The sugar is dissolved in water or milk to form a sirup. The sirup is boiled until of the desired thickness, and is then cooled with or without beating. The type of candy obtained will depend upon: (1) the ingredients added with the sugar; (2)

the temperature to which the sirup was cooked, and (3) whether or not the sirup was stirred, and if stirred, at what temperature.

Ingredients must be measured carefully, the temperature checked accurately, and the directions followed carefully, if a desirable product is to be obtained.

Checking the Temperature. — The hardness of candy depends on the stage to which it is cooked, and the use of a thermometer is the most accurate method of determining the stage to which the sirup should be cooked for a given candy. With experience, however, the testing may be done by dropping a few drops of the sirup into a cup of cold water and noting the consistency of the ball thus formed. A regular candy thermometer or a chemical thermometer may be used. They are inexpensive. Test your thermometer for the boiling point before using, by placing in water and bringing to the boil. The boiling point in this altitude is 212° F. In case it is more or less, the proper allowance must be made in the cooking stage.

Slightly more cooking is required on a damp or rainy day than on a dry, clear day, as all sirups absorb moisture readily. Allowance is made for this in most of the recipes. The stages of sirup cooking are as follows:

234° to 238° F. — Soft ball, for fondant, fudge, panocha

246° to 248° F. — Firm ball, for caramels

265° to 270° F. — Hard ball, for taffy

290° to 300° F. — Crack stage, for butterscotch

300° to 310° F. — Hard crack stage, for brittles, sticks, lollipops

310° F. — Hard crack stage, for clear hard candies

Obtaining a Creamy, Fine, Smooth-grained Candy. — A creamy, fine-grained texture is desired for fudge, panocha, mints, and cream centers. This is obtained by:

1. Thoroughly dissolving the sugar by stirring only until the boiling point is reached.
2. Not stirring during boiling.
3. Frequent washing down the sides of the pan to prevent crystals forming and dropping into the sirup. A good way to do this is to use a fork with a cloth wound firmly around the tines, dipped out of hot water. A few crystals in a pan act like a contagion and spoil the whole mass.
4. Cooking to the exact stage for the candy desired. On a dry day use the lower temperature; on a damp day use the higher temperature.
5. Beating only after the candy is cooled to lukewarm or almost cold. A good test for this is holding the pan in the palm of the hand, and if no heat is felt from the center of the pan, the mixture is cool enough to beat.
6. Pouring onto a greased pan when the track following the spoon begins to look dull. Beat until the mass holds together, then knead until soft and creamy; it can then be made into rolls and sliced or molded into shapes.

To have a fine grained product some of the sugar must be changed into a form which does not crystallize into large coarse grains. This is accomplished by cooking, by addition of a small amount of either clear corn sirup or white glucose, or by adding some acid such as acetic acid, tartaric acid, lemon juice, or vinegar.

With care in the six points already listed, a fine grained candy may be obtained by cooking alone. But for those who may want to know how to use these agents, the following is given:

With two cups of sugar use:

2 T. corn sirup or glucose

$\frac{1}{8}$ t. cream of tartar

$\frac{1}{2}$ t. vinegar or lemon juice

3 drops acetic acid (36%)

Two cups of sugar at one time is the largest amount that should be used if good results are to be obtained. It is better to make the recipe twice than double it and have to cook the candy over.

Choose a saucepan large enough to allow for the "boiling up" of the sirup without running over. Also choose a pan that is smooth on the bottom.

Wooden spoons are more desirable than metal ones for beating, as they do not bend or scratch the pan.

In case of candy that is too grainy, the mixture can always be cooked over, keeping in mind the six points above. Grainy candy is usually the result of failing to dissolve all crystals before boiling begins, failing to keep crystals from sides of the pan during cooking, or beating while the mixture is too warm.

FONDANT

$\frac{1}{8}$ t. cream of tartar

2 c. sugar

1 $\frac{1}{4}$ c. water

or 2 level T. light corn sirup

A few grains of salt

Cook the sugar, water, and cream of tartar, stirring constantly until the sugar is dissolved. Remove the spoon and do not stir the candy again during the cooking. When the candy begins to boil, cover the saucepan and cook for 3 minutes. The steam formed washes down any sugar crystals which may be thrown on sides of saucepan. Remove the cover and continue cooking. From time to time, wash away dry sugar crystals which appear on sides of saucepan. Cook until the soft ball stage, 234°-238° F. Pour at once on a cold wet platter, or wash down the sides of the pan again and set aside to cool. Cool to lukewarm (110° F.). Beat until fondant becomes white and creamy. Add flavoring and knead until mass is smooth.

Put away in covered dish or jar and allow to ripen for two or three days before using. A damp cloth may be wrapped around the fondant if a softer candy is desired. Fondant can be kept indefinitely and used as desired, if it is kept tightly covered. If it begins to become dry, it should be covered with a damp cloth. Approximate yield: 1 pound.

Flavoring and Variations: 1 t. vanilla.

Chocolate (2 ounces) and $\frac{1}{2}$ t. vanilla — Melt the chocolate over hot water, add to fondant and knead into it until evenly blended.

Maple. — For liquid in the recipe use $\frac{3}{4}$ c. water and $\frac{2}{3}$ c. maple sirup. Cook to 240° F. A little more cooking is required than for plain fondant.

Lemon. — 3 T. lemon juice and grated rind of $\frac{1}{2}$ lemon. Omit $\frac{1}{4}$ c. water and cook to 248° F. Pour on juice and grated rind without stirring. Cool and beat.

Orange. — Same as above, only add grated rind of whole orange.

FONDANT PATTIES

Soft fondant gives best results. Melt the fondant over hot water. It is better to melt a small amount of fondant (about one cup) at a time. Keep the water

under the fondant below the boiling point and take care the water does not touch the pan containing the fondant. When the fondant is melted, add the coloring and flavor with as little stirring as possible.

If the fondant is too soft it should be dried out over the hot water for about 10 minutes so that the patties will hold their shape. If the fondant is rather stiff before melting, it should not be allowed to stand over the hot water after it is well softened. It may be necessary to add a teaspoon or so of hot water so that it can be dropped easily. Drop the melted, flavored fondant from the tip of a teaspoon onto waxed paper or a greased flat surface. As soon as firm, the patties should be loosened and lifted, because if they stand too long they will break when taken up. For peppermint flavor, use a few drops of oil of peppermint. It is a good plan to have 2 to 3 teaspoons in a bowl of hot water for dipping.

FONDANT LOAVES

For fondant loaves the fruits and nuts are kneaded into it. Knead only enough to mix the fruit thoroughly through the mass. If too much mixing is done the fondant will be discolored. Do not chop the fruit into very small pieces. A loaf can be shaped with the hands or molded in a pan. Allow the fondant mixed with fruit and nuts to stand until firm. Slice.

Some combinations: Dates, figs, nuts; raisins, cherries, almonds, angelica; candied cherries, pineapples, nuts.

Two-layer Loaf. — Cut two pieces of fondant loaf mixture the same size — about $1\frac{1}{4}$ inches thick, 6 inches long, and 2 inches wide. Cover one piece with melted coating chocolate, lay the other piece on top and coat the whole with chocolate. When cold, slice.

PANOCHA

2 c. brown sugar
1 c. cream

2 T. butter
1 c. nut meats

Follow directions for making fudge. Cook until 236° - 240° F. Add butter. When lukewarm, beat until creamy. Add nuts and pour out on a greased pan. Cut in squares. Approximate yield: $1\frac{1}{4}$ pounds.

DIVINITY

$2\frac{1}{3}$ c. sugar
 $\frac{2}{3}$ c. light corn sirup
 $\frac{1}{2}$ c. water

1 t. vanilla

$\frac{1}{4}$ t. salt
2 egg whites
1 c. chopped nuts

Put the sugar, corn sirup, water, and salt in a saucepan. Stir over low heat until the sugar has dissolved. Increase the heat and boil steadily without stirring until the thermometer registers 265° F. (very firm ball), then remove from the stove. Have the egg whites in readiness in a large mixing bowl; beat them quickly until stiff; pour the hot sirup in a thin stream over the whites, beating constantly. Continue beating with a wire whisk or wooden spoon until the candy will just hold its shape when dropped from the spoon. Stir in the vanilla and nut meats. Turn the mixture into a slightly buttered pan to cool, or drop it by teaspoonfuls on a board covered with heavy waxed paper. Approximate yield: $1\frac{1}{2}$ pounds.

NUT BRITTLE

$\frac{1}{4}$ c. light corn sirup	$\frac{1}{3}$ c. water	2 T. butter
$\frac{1}{2}$ c. brown sugar	$\frac{1}{16}$ t. soda	$\frac{1}{16}$ t. salt
1 c. granulated sugar		1 c. nut meats (broken in pieces)

Put sugars, corn sirup, and water into a saucepan over the fire, stirring until the sugar is dissolved. Continue cooking without stirring until 300° F. (very brittle and hard when dropped in cold water). Remove from fire, add salt, soda, and butter, stirring only slightly. Add nuts and pour out in a thin sheet on a greased slab or baking pan. Smooth out with a spatula. Break into pieces. Approximate yield: 1 pound.

ORIENTAL CREAMS

2 c. sugar		$\frac{1}{4}$ t. glycerine
1 egg white		$\frac{1}{8}$ t. cream of tartar
1 c. water	Few grains salt	1 t. vanilla

Proceed as for fondant, adding glycerine when the boiling point is reached. Cook to 240° F. Cool to lukewarm. Spread the stiffly beaten white over the cooled fondant. Beat until creamy. Add vanilla and work until the mass is smooth. Shape for centers and put in a cool place. Dip as soon as possible. Approximate yield: 1 pound.

Chocolate Dipping. — Chocolate dipping is a process which requires skill acquired by practice, before the results are satisfactory. Aside from skill, a good quality of dipping chocolate is required, which usually can only be obtained from a confectioner.

FUDGE

2 c. sugar	1 t. vanilla	2 level T. light corn sirup
2 sq. chocolate (2 oz.)		2 T. butter
$\frac{2}{3}$ c. liquid (water or milk)		Few grains of salt

Cut the chocolate into small pieces, and add to the sugar, liquid, and corn sirup. Cook slowly, stirring until sugar is dissolved. Cook until a temperature of 234°-238° F. is reached, or a soft ball that will hold its shape forms when a few drops are put into cold water. Wash down sides of pan and add butter.

Cool until lukewarm (110° F.) or until the bottom of pan feels cool when held for several minutes on the palm of the hand. Add vanilla and beat until the fudge loses its shiny look or when a small amount dropped from the spoon will hold its shape. Pour onto a greased pan, or knead the fudge, make into rolls, wrap in oil paper, and slice off as needed.

Fudge should be smooth in texture and soft enough to cut without breaking. Fudge, too thin, dries quickly. Cubes of $\frac{3}{4}$ to 1 inch are a good size.

Sour cream may be used as the liquid, and the butter omitted. Approximate yield: 1 pound.

BUTTERSCOTCH

2 c. brown sugar	1 c. water	$\frac{1}{3}$ c. butter
$\frac{1}{4}$ c. light corn sirup	$\frac{1}{4}$ t. salt	$\frac{1}{4}$ t. vanilla

Put the sugar, corn sirup, water, and salt in a saucepan. Stir over low heat until the sugar is dissolved. Increase the heat and cook until the thermometer registers 250° F. (firm-ball stage). Add the butter and cook with occasional stirring until the thermometer registers 300° F. (brittle stage). Remove from stove; add vanilla; pour into a buttered shallow pan, making a layer $\frac{1}{4}$ inch deep. While warm, crease into squares with blunt knife. When cold, break into pieces. Approximate yield: 1 pound.

VANILLA CARAMELS

1 c. sugar	1 t. vanilla	$\frac{1}{2}$ c. cream
$\frac{1}{2}$ c. brown sugar		1 c. milk
$\frac{1}{2}$ c. light corn sirup		$\frac{1}{4}$ c. butter

Put all of the ingredients except the vanilla in a saucepan; stir over low heat until the sugar is dissolved. Increase the heat; stir constantly until the thermometer registers 246° to 248° F. or until a little of mixture dropped into cold water will form a ball of the consistency of a caramel. Remove from stove; add the vanilla; pour at once into a buttered loaf pan to make a layer $\frac{3}{4}$ inch deep. When cold, loosen the candy from the sides and bottom of the pan with a spatula; remove in one block to a molding board; cut with a sharp knife into cubes, using a sawing motion. It may be necessary to dip the knife in hot water to facilitate cutting. If the caramels are to be packed, wrap them in waxed paper. Approximate yield: 1 pound.

WHITE TAFFY

2 c. sugar	$\frac{2}{3}$ c. water
$\frac{1}{2}$ c. light corn sirup	1 t. vanilla

Put the sugar, corn sirup, and water in a saucepan; stir over low heat until the sugar is dissolved. Boil without stirring until the thermometer registers 268° F. Remove from stove; stir in vanilla. Turn onto a greased pan and allow to stand until cool enough to handle. Gather into a ball and pull until rather firm and white. Stretch out in a long rope. Cut into pieces. Approximate yield: 1 pound.

POP CORN BALLS

1 c. granulated sugar	$\frac{1}{3}$ c. water	2 qts. popped corn
2 T. light corn sirup	1 T. butter	$\frac{1}{2}$ t. salt

Put sugar, sirup, salt, and water in a pan. Stir until dissolved. Wash down crystals and cook without stirring to 242° F. (firm, soft ball stage). Add butter. Have corn in a large bowl and pour sirup over it. Mix well and form into balls, using as little pressure as possible. Approximate yield: 2 dozen $2\frac{1}{2}$ -inch balls.

Index

Asparagus with Hollandaise sauce.....	78	Butter Cakes (Continued):	
Scalloped	78	Devil's food cake	121
Bacon on toast, cheese sauce.....	65	Fruit cake	125
Beans, Boston baked.....	78	Fudge cake	124
Dutch green	78	Honey pound cake	125
Scalloped	78	Plain standard cake	120
Beef	42-46	Prune cake	123
Beef casserole	42	Raspberry tort	124
Broiled steak	43	Sour cream cake	124
Cooked, with dressing	46	Spice cake	123
Croquettes	46	White cake	121
Dried beef, Creamed	46	White fruit cake	125
Flank steak, Stuffed	43	Sponge cake	126-127
Hash	46	Angel food cake	126
Kidney stew	55	Chocolate ice-box cake	112
Meat loaf	44	Hot water sponge cake.....	127
Meat pie	44	Sponge cake	127
Meat stew	45	Candied orange peel	135
Pan broiled steak	43	Candy	135-140
Pot roast	43	Butterscotch	140
Roast beef	42	Divinity	138
Roast meat with dressing.....	42	Fondant	137
Steamed rice and meat.....	45	Fondant loaves	138
Stew with dumplings	45	Fondant patties	137
Swiss steak	44	Fudge	139
Beets, baked	80	Nut brittle	139
Harvard	80	Oriental creams	139
Pickled	80	Panocha	138
Berries, served raw	6	Pop corn balls	140
Breakfast foods (Cooking periods for).....	14	Vanilla caramels	140
Beverages	9-13	White taffy	140
Biscuits	29	Carrots with parsley butter.....	81
Cheese biscuits	29	Glazed	81
Drop biscuits	28	Mashed, and potatoes	81
Pinwheel biscuits	28	Casserole (meat, rice, tomatoes, and peas)..	69
Soybean biscuits	29	Casserole, Vegetable	87
Surprise biscuits	29	Cauliflower au gratin	81
Boston cream pie	110	Celery, Scalloped	81
Brains and scrambled eggs.....	55	Cereals	13-16
Bread crumbs	24	Cheese dishes	64-66
Bread recipes	18	Baked tomatoes and cheese.....	64
Oatmeal bread	19	Cheese dreams	64
Soybean bread	19	Cheese fondue	65
White bread	19	Cheese loaf	66
Whole wheat bread	18	Cheese rolls	24
Bread stuffings	42	Cheese sauce on tomatoes and toast.....	65
Bread variations	20	Cheese souffle	65
Bread, Ways to serve.....	23	English monkey	66
Buttered bread crumbs	24	Macaroni and cheese	71
Butter crisp	24	Rinktum ditty	64
Cinnamon toast	23	Welsh rarebit	64
Croutons	23	Chicken	52-54
Croustades	24	Baked chicken	52
Dry bread crumbs	24	Chicken a la king	54
Soft bread crumbs	24	Chicken chop suey with rice.....	73
Savory wafers	24	Chicken fricassee	53
Toast	23-24	Chicken loaf	53
Melba	23	Chicken timbales	51
Orange	23	Chicken salad	94
Toast sticks	23	Chicken souffle	63
Toasted cheese rolls	24	Fried chicken	53
Toasted loaf	24	Jellied chicken	51
Brown bread, Steamed	30	Macaroni and chicken.....	54
Cabbage, Au gratin	80	Pressed chicken	54
Five-minute cabbage	80	Scalloped chicken	54
Rolls, Stuffed	69	Stewed whole chicken	53
Scalloped, and tomatoes	80	Chocolate dipping for creams.....	139
Cakes	120	Chocolate (hot, sirup, or iced).....	11
Butter cakes	120-125	Chop suey, home grown.....	68
Apple sauce cake	123	Chowders, Bean	39
Banana cake	123	Corn	40
Brown sugar cake	122	Potato	39
Caramel cake	125	Vegetable	39
Chocolate cake	122	Cocktails, Fruit	7

Cocoa (hot, sirup, or iced).....	11	Deviled eggs (and variations).....	62-63
Coffee (hot or iced).....	9-10	Eggs goldenrod	62
Coffee cake and streussel.....	22-23	Eggs in salads.....	63
Confections, Fruit and sugar.....	135	Foamy omelet	61
Cookery, Processes used in.....	5	Fried eggs	61
Terms used in	5	Hard cooked eggs	60
Cookies	112-118	Omelet variations	60
Cooky bars	117	Plain omelet	61
Brownies	118	Poached eggs	60
Date bars	117	Poached eggs on hash.....	60
Frosted caramel squares	118	Sandwiches	26
Fruit cake squares	117	Scrambled eggs	61
Honey date bars	118	Soft cooked eggs in shell.....	61
Molasses bars	118	Souffles	63
Drop cookies	114	Stuffed eggs	62
Chocolate drop cookies	116	Egg nog	11
Crunches	115	Eggplant dishes	82
Rocks	115		
Sour cream cookies	115	Fish dishes	56-58
Spiced oatmeal cookies	115	Baked stuffed fish	56
Icebox cookies	116	Broiled fish	56
Butterscotch cookies	117	Fish timbales	57
Chocolate cookies	117	Fried fish	56
Cocoanut cookies	117	Salmon loaf	57
Plain icebox cookies	116	Salmon, creamed	56
Roll cookies	112	Fish salad	95
Filled cookies	114	Fish, Sauces for.....	31-33
Molasses cookies	114	Frostings	127-129
Rich butter cookies	113	Boiled frosting	128
Sugar cookies	114	Chocolate butter	129
Corn dishes		Fudge	127
Corn bisque	39	Marshmallow	128
Corn bread	30	Orange butter	129
Corn and oysters	58	Seven-minute frosting	128
Corn and sausage	82	Twice-cooked frosting	129
Corn as cereal	13-14	Frozen desserts	106-109
Corn custard	82	Fruit beverages	12
Corn fritters	82	Fruit confections	135
Corn on the cob.....	82	Fruit desserts	99-102
Corn meal fan tans.....	29	Blushing apples	99
Cottage cheese, Making	66	Brown betty	99
Custard	105	Fruit batter pudding	100
Garnishes for cottage cheese.....	67	Fruit cobbler	103
Salads	67	Fruit crisp	99
Salads with fruit	93	Fruit roly-poly	100
Sandwiches	26	Fruit shortcake	101
With cinnamon apple rings.....	68	Fruit tapioca	99
Crackers	24	Fruit upside-down cake	101
Cranberry relish	47	Fruit whip	99
Cream soups	38-39	Fruit whip with cream.....	99
Chicken	37	Mock meringue pie	102
Corn bisque	38	Pears, Whole baked	100
Tomato	37	Prune pudding, Norwegian.....	101
Vegetable	37	Fruit, Suggestions for serving.....	6-9
Cream puffs and filling.....	119	Baked ginger pears.....	50
Cream puffs, Lemon	111	Baked peaches	50
Croquettes, Meat	47	Berries	6
Croutons	23	Broiled fruit with meat.....	50
Cucumber stuffing for fish.....	56	Citrus fruit cocktail	7
		Cooked fruits	8
Dandelion greens	82-83	Dried fruit	8, 135
Date icebox cake	112	Fruit juice cocktails	7
Date torte	112	Mixed fresh fruit cocktail.....	7
Dates, Stuffed	135	Other fresh fruit	6
Desserts, Sauces for	33-35	Summer fruit plates	8
Desserts	98	Fruit juice combinations	12
Frozen	106-109	Fruit juice, Spiced	13
Fruit	98-102	Fruit paste	135
Gelatin	105-106	Fruit ring with meat salad.....	95
Milk desserts	102-105	Fruit salads, Frozen.....	98
Miscellaneous	110-112	Frying temperature for deep fat.....	5
Doughnuts, Sour cream	119		
Dried fruits in confections.....	135	Garnishes, Eggs as	63
Dumplings in stew	45	Garnishes for meat soups.....	37
		Gelatin desserts	105-106
Egg and milk drinks.....	11	Apricot sponge	105
Egg dishes	58-63	Grape or peach Bavarian cream.....	106
Creamed eggs (and variations).....	62	Snow pudding	105
		Spanish cream	106

Gingerbread	119	Mousse, Pineapple	108
Ginger pudding	109	Mousse, Vanilla	108
Grainola	15, 16	Muffins	27
Greens, Vegetable	82	Mushrooms (sauteed)	82
Griddle cakes	31	Mushroom sauce	33
Gruel, Oatmeal	15	Noodle recipes	70-72
Ham	50-51	Nut bread	30
Baked ham	50	Oatmeal crisp	16
Baked ham and scalloped potatoes	50	Oatmeal gruel	15
Baked ham in milk	50	Omelets	61
Ham loaf, hot	51	Omelet variations	61-62
Ham timbales	51	Onions, French fried	33
Jellied ham	51	Glazed	33
Heart, Braised	55	In cream	33
Hominy dishes	70	Stuffed	33
Creamed hominy	70	Orange peel, candied	135
Hominy with tomatoes	70	Oven temperature control	14
Hopping John	68	Oyster dishes	57-58
Hot cross buns	22	Corn and oysters	58
Icebox cake, Chocolate	111	Oyster stew	57
Ice cream	106-107	Figs in blankets	57
Ices and sherbets	107	Sauteed oysters	57
Kidney bean stew	68	Scalloped oysters	58
Kidneys, Stewed	55	Pancakes	31
Lamb	51-52	Parfait, Angel	109
Broiled patties	52	Parfait, Yellow	108
Lamb stew	52	Parsley butter	81
Pan-broiled chops	51	Parsnips	84
Roast leg of lamb	51	Pasteurizing milk for cottage cheese	66
Shoulder roll, Barbecue sauce	52	Pastry (see Pies)	130
Lemonade	12	Peas	84
Lemon cream puff	111	Peppers, Stuffed	84
Lemon sponge	110	Pie crust, Graham crackers	134
Liver	54-55	Pies	130-134
Braised liver	55	Apple pie	130
Casserole of liver with vegetables	55	Berry pies	134
Liver and bacon	54	Blackberry or raspberry pie	133
Pork liver loaf	54	Boston cream pie	110
Macaroni	70	Butterscotch pie	132
Macaroni and cheese	71	Cherry pie	133
Spaghetti loaf	71	Chiffon pie	134
Neapolitan spaghetti	71	Chocolate cream pie	133
Macaroni with sauce	71	Graham cracker pie crust	134
Main dishes without meat	58-73	Lemon pie	131
Cheese	64-66	Mincemeat for pies	134
Corn dishes	70	Molasses custard pie (old fashioned)	132
Cottage cheese	66-68	Peach cream pie	132
Eggs	58-63	Pumpkin or squash pie	134
Miscellaneous main dishes	68	Raisin custard pie	131
Souffles	63	Red raspberry pie	133
Macaroni, spaghetti, and noodles	70-72	Sour cream pie	132
Rice dishes	72-73	Squash pie	132
Measuring equipment used in cooking	2	Swiss apple pie	130
Measurements, Symbols for	3	Vermont cream pie	133
Meat pie	44	Popcorn balls	140
Meat stock for soups	36-37	Pork	48-51
Meats	40-55	Baked stuffed chops	48
Amount to allow per person	41	Chop suey	68
Cuts according to tenderness	40	Pork and sweet potato pie	48
Milk desserts	102-104	Pork and vegetable casserole	48
Baked custard	102	Roast pork	48
Cornstarch pudding	103	Sausage	49
Cottage cheese custard	104	Potatoes	84-85
Creamy rice pudding	104	Browned potatoes or potato balls	85
Float	103	Ham or sausage and scalloped potatoes	50
Honey custard	102	Scalloped potatoes (raw)	85
Junket (with powder)	103	Stuffed baked potatoes	84
Junket (with tablets)	103	Prunes, Stuffed	135
Maple cornstarch crumb pudding	104	Puddings, Milk (see Milk Desserts)	102-104
Queen of puddings	104	Puddings, Steamed	109-110
Soft custard	102	Carrot and apple plum pudding	109
Tapioca custard	104	Chocolate cake pudding	110
Milk drinks	11	Ginger pudding	109
Mincemeat for pies	134	Lemon pudding	110
		Snow ball	109
		Suet pudding	109

Quick breads	27-31	Salads (Continued):	
Biscuits	28-29	Stuffed egg salad	95
Biscuit mix, homemade	28	Tomato jelly salad	95
Cheese biscuits	29	Vegetable combination salad	92
Coffee cake	29	Vitamin salad	94
Cornmeal fan tans	29	Salmon, Creamed	56
Corn bread	30	Salmon, Molded	96
Corn meal griddle cakes	31	Sandwiches	25-27
Cornmeal muffins	27	Sandwich fillings	26-27
Muffins, Whole wheat	27	Sausage	49
Bacon muffins	27	Baked apples stuffed with sausage	49
Corn meal muffins	27	Baked sausage in squash	86
Plain muffins	27	Sausage and fried apples	49
Soybean muffins	27	Scalloped, with potatoes and onions	49
Surprise muffins	27	Sausage, cabbage, and apples en casserole	49
Whole wheat muffins	27	Stuffed sausage roll	49
Nut bread	30	Sauces for desserts	33-35
Shortcake	29	Butterscotch	33
Soybean biscuits	28	Chocolate	35
Sour milk griddle cakes	31	Cream	34
Spoon bread	31	Foamy	34
Steamed brown bread	31	Fruit	35
Sour milk griddle cakes	31	Hard	34
Sweet milk griddle cakes	31	Lemon	34
Waffles	30	Sugar-saving sauce	33
Waffled wafers	29	Vanilla	34
Relishes served on plate	94	Sauces for vegetable, meat, and fish dishes	31-33
Rhubarb punch	12	Barbecue sauce	52
Rice dishes, main	72-73	Cheese sauce	32
Casserole of rice, meat, tomato, and peas	69	Creole sauce	32
Glorified rice	111	Cucumber whipped cream sauce	32
Chicken chop suey with rice	73	Currant-mint sauce	32
Parched rice with cheese	72	Harvard sauce	80
Rice and giblets	73	Hollandaise sauce	31
Rice and meat, steamed	45	Horseradish sauce Nos. 1 and 2	32
Rice and salmon loaf	73	Mint sauce	32
Rice ring with chicken	73	Mock hollandaise sauce	32
Vegetable cups with rice stuffing	72	Mushroom sauce	33
Rolls	20-23	Parsley butter	81
Basic sweet dough	20	Raisin sauce	33
Bow knot rolls	21	Spanish sauce	33
Butterhorn rolls	20	Tartar sauce	33
Butterscotch	21	Tomato sauce	32
Cinnamon	21	White sauce	31
Clover-leaf	21	Shortcake	29, 101
Coffee cake rolls	22	Seasonings for soups	35
Crescent	22	Sherbets	107
Fan tans	21	Soups	35-39
Hot cross buns	22	Brown soup stock	36
Ice box rolls	22	Bean soup	37
Parkerhouse rolls	21	Chicken	38
Swedish tea ring	21	Creamed	38-39
Salad combinations	92-93	Garnishes for	37
Salad dressings (cooked) and variations	90	Made from meat stock	36
Cream salad dressing	90	Onion soup	37
French dressing (and variations)	89	Tomato bouillon	37
Fruit salad dressing	90	Vegetable	37, 88
Mayonnaise dressing (and variations)	90	White soup stock	37
Uncooked salad dressings	91-92	Spaghetti, Neapolitan	71
Salads, Frozen	98	Loaf	71
Salads	88-97	Tomato and hamburger	71
Carrot salad	94	With sauces	71
Cheese salad	93	Souffles	63
Chicken salad	94	Soybean chili	79
Cottage cheese salad mold with fruit	97	Soybean loaf	79
Egg salad	93	Spanish bun and meringue	112
Fish salad in tomato jelly ring	95	Spinach baked with eggs	85
Fruit salad	92	Luncheon spinach	85
Golden glow salad	96	Spinach souffle	85
Jellied vegetable ring	97	Spinach with cream sauce	85
Lettuce roll salad	94	Spoon bread	30
Meat combination salad	93	Squash, baked in cream	85
Meat salad served in fruit ring	95	Baked with sausage	86
Molded cheese salad with fruits	96	Stuffed turnip cups	87
Molded salmon salad	96	Stuffing for fish	FJ
Potato salad	94	For meats	+2
		Sugar substitutes in cakes, cookies, muffins	4
		Suggestions for serving fruit	6-9

Taffy	140	Variety meats	54-55
Tartar sauce	33	Veal, Breaded	47
Tea (hot, cold, spiced).....	10	Jellied	47
Temperature, Control of oven.....	4	Roast	47
Terms used in cookery.....	5	Veal birds	47
Timbales, Chicken	51	Vegetable cookery	74-87
Ham	51	Methods used in cooking.....	75-76
Fish	57	Time tables for cookery.....	77
Time table for cooking vegetables.....	77	Number of servings per pound.....	75
Toast	23-24	Vegetable casserole	87
Tomato bouillon	37	Vegetable combinations, Suggestions for....	88
Tomato sauce	32	Vegetable hash with egg.....	62
Tomato jelly ring for salad.....	95	Vegetable plates	87
Twice-cooked frosting	129	Wafers, Savory	24
Tomatoes, Baked, stuffed	86	Waffles	30
Baked with onions	86	Welsh rarebit	64
Broiled	86	Wheat, canned whole	15
Fried green	86	Wheat (whole), pilau	69
Scalloped	86	White sauce, Proportions for.....	31
Turnips, creamed, with carrots.....	87	Yeast bread and rolls.....	16-23
Mashed	87		
Stuffed turnip cups	86		

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